

# OBSERVATIONS

ON THE

## ADMISSION OF MEDICAL PUPILS

TO THE

## WARDS OF BETHLEM HOSPITAL,

FOR THE PURPOSE OF

## STUDYING MENTAL DISEASES.

*THIRD EDITION, REVISED.*

BY JOHN WEBSTER, M.D., &c.,

One of the Governors.

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TO  
ALDERMAN SIR PETER LAURIE, KNT.,

PRESIDENT OF THE ROYAL HOSPITALS OF  
BRIDEWELL AND BETHLEM,

&c. &c. &c.

THE following observations are respectfully dedicated by the Author, as a small token of esteem for the upright character of a zealous and able Magistrate, to mark the high estimation entertained towards him, as an efficient President of Bridewell and Bethlem Hospitals; and also to express his sincere regard for a Gentleman of much private worth, who has always been the friend of judicious improvements.

56, Grosvenor Street,  
1842.

## OBSERVATIONS, &c.

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AT the Quarterly General Court of the Governors of Bridewell and Bethlem Hospitals, held in January last, when Sir Peter Laurie occupied the Chair, and after the Annual Reports of the Physicians had been read, I directed the attention of the court to the propriety of granting a more free admission than heretofore, to members of the medical profession, for the purpose of studying in the wards of Bethlem Hospital, the various forms of mental diseases which occur in that excellent Institution. But no notice having been previously given of any motion on the subject, the question could not be discussed. However, as the proposition, then casually mooted, appeared to be rather favourably received, and as it is, to my mind, of the highest importance, both to society at large and to the profession, to promote practical medical education, I now beg leave to address to the President and Governors of Bridewell and Bethlem Hospitals the following brief observations on a question in which I feel much interest, trusting that the arguments here brought forward in support of the proposed innovation may have some effect in proving satisfactorily that, so far from any injurious results being likely to arise, by permitting a freer admission of medical students into the wards of Bethlem Hospital, than is at present allowed, many advantages would thereby ultimately ensue to the profession, of which I am a member, and through their instrumentality, to all classes of the community.

Although many improvements have been already effected at Bethlem Hospital—especially since the accession to the Chair of the present President—there is still great room for further ameliorations; and entertaining a hope, that the change I now advocate, respecting the admission of medical pupils, will meet with approval, provided it is made sufficiently manifest that the utility of the Institution would not thereby be diminished, or the comfort of its in-

*Note to the Third Edition.*—The interest the subject of this pamphlet seems to have excited, and the very flattering terms in which it is noticed by the medical press, have induced the Author to publish the present edition, as the two previous impressions were only printed for distribution amongst private or professional friends, and the Governors of Bethlem Hospital.

mates or their ultimate recovery interrupted, I feel less hesitation in thus continuing the discussion on a matter so important, being confident, should my proposition fail in obtaining the sanction of the Governors that it will as much arise from the anticipated difficulty of carrying into effect the proposed change, as from any insuperable objections to such an innovation.

Insanity being a disease which affects not only the mental and physical health, but the civil status of its victims, no complaint more seriously deserves the attention of the philanthropist or the physician. If properly investigated, though the student may be unable wholly to counteract the disastrous effect it produces on the constitution, he may do much to alleviate the sufferings it occasions; whilst the restoration to reason of a fellow-creature is an object meriting the examination of every medical practitioner. Few diseases impose so much responsibility upon the attending physician as mania, whether the case be considered in a medical or legal sense, and the worst consequences may sometimes result to the patient, should even a trifling mistake be committed by the attendant. Examples of errors in judgment, of a very painful description, might be quoted from books and public records, to shew the important consequences sometimes resulting to a fellow-creature, from inattention to the premonitory symptoms of lunacy. But it is unnecessary to enter into details, as it will be readily allowed by those conversant with the subject, that scarcely any complaint to which mankind is liable, requires more to be studied than a disease of the mind, so as to alleviate, when unable to cure, the attacks of such a deplorable affliction to humanity, which destroys, as it were, the moral existence of a fellow-creature, although physical life, with all its wonderful functions still continues to animate this mortal frame.

In order to place the question at issue in a proper light, it appears useful previously to ascertain the actual course of medical education generally pursued in this country, respecting the study of mental diseases; and if the means for acquiring information and experience, on so important a malady as insanity, be as defective as I believe them to be in reality, the necessity for some alteration in the present system, becomes more imperative.

Ignorance as to the nature and diagnostic symptoms of mania, or inability on the part of the medical attendant to direct whatever treatment may be best adapted for the cure



of such a serious affliction, are questions of very considerable moment to the community ; and great responsibility is imposed upon the practitioner, to whom the care of an individual so affected is committed ; more especially, as the recovery or continuance of the patient's complaint may, sometimes, very much depend upon the measures first adopted to alleviate this disease, even on the appearance of a slight premonitory symptom. Correct knowledge of mental diseases, and sound judgment in the application of appropriate means, whether remedial or moral, in the treatment of these affections are, therefore, particularly necessary to every conscientious physician, desirous of practising his profession with advantage to the community, and satisfaction to himself ; no opportunity, therefore, to gain experience on so momentous a subject as lunacy, should ever be neglected by the zealous student.

Instead of considering the study of insanity, or the proper treatment of that disease, of secondary importance to any medical practitioner, engaged in the practice of his profession, I think these subjects are even more essential, than some of those subsidiary objects of inquiry, to which more or less attention has recently been directed. The frequency of mania, and the responsible position medical men are sometimes called upon to occupy, without previous preparation, (as in cases where that calamitous disease suddenly attacks a parent, or the beloved member of a family,) are so obvious, that it is unnecessary to enlarge upon the point, farther than to repeat, that much often depends upon the proceedings adopted by the practitioner, who may be called in to attend the afflicted patient, during the early stages of this complaint. The peace and prosperity of an entire household, the future happiness and comfort of the individual most concerned, or even of the medical attendant himself, may often hinge upon a word said, or an action done inadvertently ; and no practitioner, anxious to perform his duties conscientiously, ought ever to neglect any occasion for obtaining knowledge of this disease, lest the time might come, and that unexpectedly, when he would much regret the want of experience, suited to the emergency of the case.

Respecting the study of this branch of medical science, it must be acknowledged that, notwithstanding its great importance to the community, nothing can be more limited, than the present means of obtaining a practical knowledge, open to the medical profession. And not only are the opportunities for investigating mental diseases of a very partial description, but even a knowledge of insanity does not form

an essential part of the stipulated courses of lectures, required by the various licensing medical corporations, from candidates for their diplomas. Indeed, excepting by the teachers of medical jurisprudence, diseases of the mind are seldom alluded to, much less properly examined; and whenever the subject of lunacy is actually noticed in these lectures, the inquiry is only of a secondary, or legal description, neither embracing sufficiently the pathology of this extensive class of disorders, nor the curative treatment which the physician ought to pursue. In fact, the investigation of affections of the mind, their nature, and the remedies best adapted for their cure, if not wholly neglected, are very partially entered upon by the general medical student. And this serious defect in medical education will continue to prevail, until the doors of hospitals, where lunatic patients are admitted, shall be opened under proper regulations, and clinical instruction given to those students, who may be anxious to obtain information.

In consequence of the difficulties at present impeding the diffusion of knowledge on this important point, and seeing it does not even constitute any part of medical education, the study of mental alienation may be said to be neglected at the present day, except by a very limited number of medical practitioners, who confine themselves to that department of their profession, and who do not usually practise in any other class of diseases. This division of labour, as it may be called, is found to be advantageous in the Metropolis, and in large towns; but any restriction regarding the knowledge of insanity, is by no means useful to the public generally, and is at the same time injurious to the great majority of medical men in this country, who should be as well versed in the treatment of mental diseases, as of those of the chest, or of any other part of the human frame. Many are undoubtedly quite competent for the management of mania; but that knowledge should be universal in the profession. Nevertheless, although impressed with the importance of the subject, should any pupil, during the usual period of his preparatory studies, wish to obtain practical experience in insanity, the path to knowledge is so beset with difficulties, that notwithstanding all the zeal the student might otherwise have, he would find it almost impossible to attain his object, unless through personal favour, or at a very great expense; neither of which alternatives are desirable means for acquiring knowledge in a liberal profession.

Compared with France and Germany, the present state of

medical education in England in regard to mania is so far behind, that many steps must be made in advance, ere it can be considered as on a par with either of these countries; and, if we look at the marked progress most branches of medical science have made in this country since the commencement of the nineteenth century, it must be confessed, that our knowledge respecting mental diseases has not kept pace with other departments, and until very recently, it was unworthy of the age in which we live. Exceptions undoubtedly exist to this general description; but unless greater facilities are afforded for studying insanity, it will be difficult to remove such an anomalous defect in the education of the majority of English medical practitioners.

In support of the opinion just stated, regarding the existing difficulties which impede the proper study of mental diseases, and the importance to the entire profession of making some alteration in the present system, I can scarcely produce stronger evidence than the following judicious remarks of the late Sir William Ellis, formerly resident physician of the County Asylum at Hanwell, who says in a recent publication, "It is perfectly inconsistent with common sense to suppose, that a man shall intuitively know how to treat insanity. We have seen, that although in the greater number of cases it is attended with the same general result, yet it assumes most varied forms, and great care and discrimination are required in the treatment; indeed, it is universally acknowledged to be a most difficult and mysterious disease, and yet it is almost the only one on which the medical student receives no particular instruction. In his attendance on the hospitals, he will, in all probability, have met with almost every other variety of disease which afflicts human nature; at all events, his lectures will have supplied him with some information as to their treatment; but I believe that my friend and colleague, Dr. (now Sir Alexander) Morison, of Cavendish Square, is the only lecturer in London expressly on insanity.—Indeed, excepting as being incidentally touched upon in the lectures on forensic medicine, it appears almost entirely neglected in the course of a medical education; and, as the subject does not form a branch of examination, the pupils naturally employ their time in those studies which will be directly available, and assist them in the obtaining their medical certificates; the result is, that professional men, in other respects well educated, commence practice almost in a state of total ignorance on the subject. This is an evil from which every individual,



whatever be his rank and fortune, is liable to suffer in his own person, and in that of his friends; and a man of ingenuous mind can hardly be placed under more painful circumstances, than to find the father or mother of a family in a state of insanity, entrusted to his care, and to feel conscious that upon him depends the restoration of the patient to reason and happiness, whilst his want of acquaintance with the disease renders him unfit for the task, and he knows not where to apply for advice. This is by no means an imaginary evil, it is one of frequent occurrence, and numerous are the instances where amiable and valuable members of society are consigned for life, to a perpetual banishment from their friends in the gloom of a madhouse, solely from ignorance on the part of the medical adviser. This ought to be remedied." Words cannot better express the whole question at issue, and I hope that an authority of so much weight will have its due influence, as well with the medical corporations, as with the managing committees of all the public insane asylums in the empire.

The importance to medical practitioners of being thoroughly conversant with the pathology and curative treatment of mental affections must be so generally admitted, that it does not require on the present occasion much elucidation, and from the frequency of this calamitous disease in England, it is now more than ever necessary for physicians to be experienced in mania. In addition to all these considerations, the advantages accruing not only to the poor sufferers, but also to the relatives and friends of the patient, when such a malady is properly treated, render the professional assistance of well qualified practitioners of the greatest value under such distressing circumstances.

Considerable attention has, lately, been directed to the increased prevalence of insanity in Great Britain, and the Legislature has frequently occupied itself with the subject, in order to protect lunatics, and to procure them better treatment and accommodation. Much has undoubtedly been accomplished with a view to alleviate the sufferings of that unfortunate class of society, but more remains to be effected, as well to promote the cure of so great an affliction to humanity as the loss of reason, as to increase the comforts of the helpless maniacs, and ensure them that protection which they so much require. According to the best authorities on this point, it appears that the inhabitants of Great Britain are more liable to insanity, than those of any other country in Europe, excepting Nor-



way; and the farther south we extend our inquiry, this malady becomes gradually less prevalent. Throughout Italy and Spain, lunacy is much less common than in France or in England; and in Scotland, this deplorable disease is even more frequent, than in any other part of the British dominions.

Owing to the imperfect registration of lunatics, and the defects in the laws relative to the proper surveillance of houses where not more than one insane person is maintained, it is almost impossible to ascertain the actual number of such persons in Great Britain. Nevertheless, taking the calculations of medical staticians as a guide, the number of lunatics and idiots in England and Wales, exceeds 20,000; but in Scotland, where a higher ratio of insanity prevails than in any other part of the country, being one lunatic to every 573 inhabitants, the number of insane persons, notwithstanding its smaller relative population, is said to be 4500. It is more easy to know the exact number of registered lunatics, living in or near London; and a sad account the inquiry furnishes of the great prevalence of this malady. By the last Report of the Metropolitan Commissioners in lunacy, it appears that 2490 insane patients were under their jurisdiction in 1841. At Hanwell, there were in June last 960 lunatics and idiots; in Bethlem Hospital 362; in St. Luke's, 220; and at the Surrey County Asylum, near Wandsworth, about 300, making a total of 4332 of our fellow-creatures deprived of the blessings of reason, in or about the metropolis. To these numbers must be added single patients kept in private houses, whose amount it is not possible to ascertain with accuracy, no data existing for calculation.

Having such important facts indicating the frequency of mania throughout every class of society in this country, no one will surely deny the great importance to the community, indeed the imperious necessity, of giving medical students every facility for being properly educated in the knowledge of this deplorable disease, and of its proper curative treatment, so as that they may be prepared to undertake the medical management of cases of lunacy during the course of their after professional avocations.

Independent of the benefits patients affected with insanity derive, when the nature and treatment of that malady is thoroughly understood, the difficulties so frequently experienced in commissions *de lunatico inquirendo*, must at the same time not be overlooked; particularly, when we

consider the important consequences which result from the jury's decision, whereby the property, and future condition of the unfortunate individual are affected, or by which his prospects in life may be altogether blighted. On legal investigations of that description, considerable difference of opinion will frequently prevail among the medical witnesses, and counsel engaged on the trial, who often disagree regarding the true diagnostic symptoms of insanity, and even whether the party on trial is *compos mentis*, or insane. In such cases, especially if complicated by metaphysical, legal, or medical ingenuity, it sometimes becomes a very difficult matter for the jury to bring in a just verdict. That exhibitions of the kind alluded to do take place, reference need only be made to the occurrences occasionally met with in commissions, in which so great a diversity of opinion is exhibited, that it might be almost said the witnesses appeared as much in the character of advocates, anxious to support a particular side, as to explain the facts of the case they were called upon to elucidate.

Further, to indicate the necessity of studying mental disease, it is worthy of notice, that before any person can be consigned to an asylum as a lunatic, the law requires separate certificates from two medical practitioners stating that the individual said to be insane, "is of unsound mind, and a proper person to be confined." Should these documents be irregularly granted, the writers are liable to prosecution. These regulations shew the necessity of medical men being fully conversant with these questions, and yet the avenues leading to the best store-houses of knowledge on insanity are almost hermetically sealed to inquirers. But this anomaly is only one of the many absurdities now prevalent, whereby a man is called upon to perform a very onerous duty, while every difficulty is thrown in the way of acquiring the information which may enable him properly to discharge it.

These are a few of the disadvantages consequent upon the imperfect knowledge often still prevailing respecting mental alienation; and although individual physicians may make the study of insanity an object of their especial attention, so as to be well versed in that subject, they are only exceptions to the general rule. And this is, it must be acknowledged, a most unsatisfactory state of matters, whether in respect of public interests, or of the members of the profession, many of whom would, I feel assured, most willingly avail themselves of every favourable opportunity to increase their knowledge on such important questions; whilst the public

will assuredly allow, that the sooner effectual measures are taken to correct this anomaly in medical education, by facilitating the investigation of mental diseases in the wards of public establishments for the insane, so much the better, as all would be gainers by an arrangement which would confer essential benefits upon every class of the community.

The importance of a thorough knowledge of insanity to medical men, and the necessity of their possessing an intimate acquaintance with the curative measures best suited for its removal, is so evident as scarcely to require elucidation. Nevertheless, it may be remarked that as the indications of mental alienation sometimes appear long prior to its full development, it becomes more essential for the ordinary medical attendant of a family to be fully conversant with every premonitory symptom; because, if any suspicion exists, either from hereditary tendency or other indications, that an attack of mania is imminent, the symptoms ought neither to be overlooked, nor any unnecessary delay allowed to take place, before employing the means best adapted to prevent the occurrence of the threatened malady, or at least to promote its ultimate cure. In this calamitous disease, early treatment is of much more importance, than may be perhaps believed, and certainly it will often prove far more effectual, than at any subsequent stage of the complaint. Experience verifies the remark, that the more recent an attack of mania, and the sooner judicious remedies are employed, the treatment is more likely to be successful. Besides this important consideration, it is difficult to comprehend why the ordinary medical adviser of a family should not always undertake the management of mental affections, quite as readily as of any other distemper. Indeed, such an anomaly in medical practice is indicative of professional ignorance, the very suspicion of which ought no longer to continue. Other reasons, showing the advantages of all medical practitioners being conversant with the management of mental diseases, might also be noticed if necessary; but it will suffice at present to allude to the unpleasant feelings sometimes excited in the minds of relatives, or of the patient, when, instead of the usual medical adviser superintending the treatment of his case, another practitioner is called in, who confines himself entirely to the management of insanity. Any person living in society well knows the uneasiness created by its being hinted abroad, that either Dr. A. or Dr. B., both eminent physicians in the treatment of madness, is attending a particular individual; the very



report of such a circumstance is painful to relatives, especially should the ominous carriage of one of these gentlemen be seen near the patient's dwelling. This is not an exaggeration, or a matter of indifference, but indicates a sensitiveness, meriting due consideration. And although it is often advantageous, especially in consultations, to have the opinion of a physician, who gives his attention principally to the investigation and management of mental maladies, it is not the less desirable, that every medical practitioner should be competent, by previous study, to treat these complaints, quite as efficiently as any other malady affecting the human constitution.

Considering no doubt can reasonably exist regarding the advantages which would ensue to medical men, and to society at large, by improving the present defective state of medical education, in relation to insanity, the only question now requiring examination is the best way for effecting the requisite alterations. On this head, the same method usually pursued in the study of other branches of medical science, apply with equal force to this particular class of disorders; namely, the student must acquire practical knowledge and experience in mania, through the medium of lectures, and learn so to apply the doctrines he has been taught, by attendance at the bedside of patients affected with mental diseases; because in that way the future practitioner can alone properly qualify himself for the arduous duties he must afterwards undertake. To attempt effecting that object by any other mode would only lead to disappointment, tend to perpetuate ignorance, and prevent real improvement. Reading will no doubt considerably assist the student in investigating an affection of the mind; but that method of study will not be sufficient, for without actual observation of this distemper, when variously affecting the human constitution, no kind of knowledge is so available in practice, or so useful to the patient, as experience acquired from personal attendance upon insane patients; especially when that mode of study is pursued under the guidance of experienced teachers, and of those accustomed to instruct their junior brethren in the wards of an hospital. This is the only true way to acquire knowledge; and it would be as absurd for an amateur traveller to pretend to speak with authority regarding the customs of a foreign country, or the character of its inhabitants, merely from any second-hand knowledge he may have acquired during closet tours, with a book in his hand, as for a physician to

undertake the treatment of an important class of diseases, without having previously seen patients labouring under the particular malady he is called upon to attend. To adopt any other course, would be quite as irrational, as if the student were to attempt to learn anatomy without dissecting the human body, or to understand the great principles of chemistry entirely from books, unaided by actual experiments.

From these remarks it obviously follows, that the most useful method to adopt for improving the knowledge of medical men in mental complaints, would be in the first place, to open the doors of our great public lunatic hospitals (as for instance, St. Luke's, Hanwell, and Bethlem,) to medical students desirous of investigating insanity in the extensive fields for study which these institutions afford. It ought likewise to be imperative on the medical corporations, prior to granting their diploma, to exact attendance in such hospitals for a limited period, and also at lectures on the nature, pathology, and curative treatment adapted for that class of maladies. But should these recommendations be acceded to, the expense entailed upon the medical student ought not to be considerable, lest the object proposed might thereby be materially interfered with, or even perhaps wholly defeated.

Bethlem Hospital, being pre-eminent for its excellent arrangements, and having extensive wards, containing generally from 320 to 350 patients, is an institution admirably adapted for the purpose of obtaining instruction; and being principally intended for the reception of insane patients, who are considered of a curable description, although not exclusively so, since there are likewise incurables, and criminal lunatics, it possesses many advantages for the purposes of study, over other establishments in which every description of lunatic patients, whether curable or otherwise, are received. The attendance of medical students in the wards of such an extensive hospital as Bethlem, having a great variety of insane persons constantly under treatment, and where from five to six new patients are admitted every week, would therefore be most useful; particularly when compared with other lunatic asylums which contain paralytic, epileptic, and incurable lunatics or idiots, almost indiscriminately. Of course, cases of that melancholy description are by no means unimportant to the medical student, and ought likewise to be investigated by the diligent inquirer, in order to alleviate if possible their sufferings, however hopeless any prospect of their cure may appear.

But as the majority of medical practitioners are more likely, in the course of their professional practice, to be called upon to treat the less severe, and curable varieties of insanity, than cases of a chronic description, correct knowledge of the ordinary forms of recent disease is most important; and as few institutions are better adapted for studying mania in every variety than Bethlem Hospital, such reasoning applies with peculiar force to that institution. In addition to these advantages, it ought to be recollected, that the medical officers of the establishment, being men of great reputation and acquirements in their particular appointments, and that an able resident apothecary is in constant attendance upon the patients, that there is an experienced steward, and a matron, who, to great kindness of manner and firmness of character, possesses other qualities eminently adapted for the superintendent of female lunatics, and that there are proper functionaries for each department, there is little really wanting at Bethlem Hospital to make the establishment in every way useful, except a more free admission of students to its wards.

How the prohibition to study so important a class of disease as insanity at public hospitals intended for the cure of that complaint first arose, and has continued to exist for so long a period, it is difficult to understand. Perhaps it may have partly originated, from those very excusable feelings common to human nature prompting mankind to throw a veil of obscurity, and even of mystery, around all who were suffering from this calamitous complaint. Or the exclusion may have arisen from the cautious policy of the lay governors of lunatic asylums, and their unwillingness to change existing regulations. The lukewarmness of the medical profession upon this question may have also contributed to let matters remain as hitherto, and the non-activity of physicians attached to institutions for the insane, with a few exceptions, has also tended to produce a similar result. But a new light has at last broken in upon the managers of some of our great public establishments for lunatics, which has been followed by others; and, however slow may be the progress of reform, the cause of medical science and public utility will in the end prevail over every obstacle.

When the anatomy question was first brought before the medical profession, with a view to remedy the great difficulties formerly obstructing the acquisition of knowledge in that important part of medical education, constituting the



very foundation of medicine and surgery, notwithstanding the lukewarmness of some, and the fears of others, the opposition of interested parties and public bodies proved of no avail; and that excellent measure was carried triumphantly through parliament. Looking back to the beginning of that discussion, and remembering the few uninfluential individuals who, with myself, drew up the resolutions and petition to parliament, passed at the Westminster Medical Society in 1829, which was one of the first demonstrations in favour of some change in the laws relative to anatomy and the dissection of criminals; I am encouraged, by the success of that question against much prejudice and interested opposition, to entertain no fears respecting the ultimate fate of the present proposition, provided its utility to the community is fully established. Delayed the cause may be for a time, and opposition it will encounter; but whenever the advantages accruing to society from having medical practitioners of extensive knowledge in insanity are better understood, the change now advocated must ultimately be adopted.

Objections may perhaps be taken by the governors, lest the excitement and noise occasioned by the attendance of pupils, in the wards of Bethlem Hospital, with the physicians, might produce injurious effects upon the patients, especially upon female lunatics. Undoubtedly indiscriminate admission, or permitting crowds of visitors at irregular hours, would not be prudent; and, in some instances, the proposal might be followed by mischievous consequences to individual patients, but in the great majority of cases, no serious injury could arise from the physicians being accompanied during their professional visits, by several medical pupils; indeed, the danger appears to my mind to be very slight, if not imaginary. In general hospitals, especially in those of the metropolis, although some of the patients are suffering from acute diseases, and others have recently undergone severe operations, a number of individuals often accompany the physician or surgeon, during their ordinary visits to the wards, for the purpose of studying disease, and of witnessing the treatment pursued; and from the attendance of pupils in the surgical wards, or at the performance of operations, as now permitted, it can scarcely be asserted that the patients have suffered any injury. On the contrary, much good has thereby resulted to the medical profession, and to society, from the superior education and practical experience young men thus obtain,

which qualify them to act more successfully as practitioners, when the health of individuals is committed to their care.

Although the governors may, perhaps, be unwilling to concede the principle of allowing an increased number of medical pupils to frequent the wards of Bethlem Hospital, for the sole purpose of study, there prevails very little disposition at present, to prevent visitors from seeing the interior arrangements of that excellent establishment, as the Secretary of State, the President, or the Treasurer, can give an order of admission to visitors; or a Governor may, at all reasonable hours, conduct strangers over the house. And in this way, sometimes as many as fifteen or twenty persons have perambulated the wards at the same time, some of whom perhaps merely came to see a well-known criminal. In the last century, during the existence of the old hospital in Moorfields, a visit to Bedlam used to be considered one of the common sights of London, constituting a strange propensity truly, but nevertheless then a very prevalent one; and the only introduction at that time required, was the payment of a very small sum of money at the door, as at any other ordinary exhibition. Thus, according to an account of Bethlem Hospital, published in 1783 by the Rev. Thomas Bowen, the chaplain to the institution, a revenue of at least 400*l.* per annum, was obtained from the unlimited admission of visitors to the hospital, whom very often an idle and wanton curiosity drew to that region of distress; and as each person paid about one penny, according to the finding of the Committee of the 12th March, 1742, about ninety thousand visitors were sometimes admitted in one year. The crowd was often so great, that to prevent disturbances, the porter was annually made a constable, and attended with the other servants to keep order. But this abuse became so general, and the injury inflicted upon the patients was so apparent, that in 1770, all indiscriminate permission to visit Bedlam was most properly forbidden. And although desirous to admit pupils at Bethlem Hospital, under proper regulations, for the purpose of pursuing their studies, I should, of course, be opposed to the admission of strangers, who come for the sole purpose of gratifying a foolish morbid curiosity.

If the same exclusive system, respecting the admission of pupils, now prevailing at St Luke's, at Bethlem, and at almost every other hospital for the insane, were also

adopted at all the general hospitals in this kingdom, the very serious consequences arising from such an absurd proceeding would be most disastrous, in consequence of the imperfect education which medical practitioners must then inevitably receive. Because, if admission to general hospitals for the purpose of studying disease were denied to students, they would be entirely prevented from pursuing in the best manner that part of their education which can only be learned at the bedside of patients, and from clinical instruction. If the point be therefore granted, that great benefits are conferred on the community, from medical pupils, frequenting the wards of hospitals, whether general, lying-in, fever, or of any other description, it must be conceded, upon similar principles, that insane institutions ought to be made subservient to the instruction of students in the same manner as St. Bartholomew's, Guy's, or the County Hospitals. Public utility must always counterbalance individual inconvenience; and knowing the many practical benefits resulting to all classes, from the system now followed at the latter receptacles for the sick, a somewhat similar plan should be acted upon at every public lunatic asylum supported by subscription, or endowed, like Bethlem Hospital by royal bounty, having considerable revenues arising from real property, receiving a large grant of money from Government, and an annual allowance for criminal lunatics.

So far from imagining that the judicious admission of pupils and of young men who are about completing their preliminary studies to the wards of Bethlem Hospital would prove injurious to the inmates, I believe, such permission, if properly regulated, would act most advantageously. This opinion is founded upon the supposition, that the regular visits of physicians, although accompanied by pupils, would in the case of most patients, tend rather to distract their attention from false reasoning, and in others, would appear as if bringing them again in contact with the external world, thereby producing a more favourable effect upon their disordered imaginations. Besides, the appearance thus given to the establishment, making it somewhat like an ordinary hospital for the restoration to health of its inmates; instead of a common mad house, in which all contact with the world outside its walls is cut off, would necessarily produce a most beneficial impression—especially as it is a well known observation, that the fear of being immured in a lunatic asylum often exerts a pernicious influence upon



the minds even of the insane ; to say nothing of the very disagreeable associations which that step often produces upon friends and relatives.

The system pursued on the Continent respecting public hospitals, whether for the insane or otherwise, is very different from that followed in this country. For example, throughout the whole Austrian dominions, every hospital for the sick is made subservient to the instruction of medical students ; and in France, likewise as in other countries, great facilities for study prevail. At the Salpêtrière in Paris, pupils are freely admitted, and the late M. Esquirol frequently gave lectures to as many as fifty auditors, whilst some of the patients were even brought before his pupils, for the express purpose of illustrating the various forms of this distemper, and the particular points alluded to by the lecturer. There was no limitation whatever in the admission of pupils, and a number of them often accompanied the physicians, when visiting the wards. Again at Bicêtre, and throughout France I believe, an equally liberal admission to students is permitted, for the purpose of seeing and studying mental diseases. Inconvenience might occasionally occur from the numerous attendance in the wards, especially in those for female patients ; and some will say, that individual cases suffered injury, from the noise and excitement thus produced in the insane hospitals at Paris—but in this country no harm whatever is likely to occur from the admission of students, if the privilege be properly regulated. Should, however, any thing of the kind take place, it could be easily avoided, by keeping the excitable patients in separate apartments, to which pupils were not admitted, or by adopting a regulation similar to that followed in the Edinburgh Infirmary, and at some other hospitals—that is, a selection of the cases best suited for clinical instruction could be placed in particular wards open to students, whilst patients requiring quiet and seclusion might be otherwise accommodated. An arrangement of this description would likely obviate every objection which could be made to a more free admission of medical pupils into the wards of Bethlem Hospital, besides being admirably adapted for the purpose of advancing medical education. But whenever the Governors concede the general principle now advocated, every detail could be settled without any difficulty.

As to the practice of admitting pupils to the hospitals for insane patients in France, and the effects of that permission upon the inmates, those who have visited the

medical schools of Paris can bear ample testimony. Many opinions might be here quoted, but I shall confine myself to the following valuable remarks, contained in a letter recently received from that able physiologist and accomplished physician, Dr. Combe of Edinburgh, which are so conclusively in favour of the proposed innovation, that having permission to give them publicity, I beg leave to submit the reasoning and experience of that gentleman to the Governors of Bethlem Hospital, trusting so good an example may have the influence it so well deserves. The opinion of such an authority as Dr. Combe, a member of the Medical Board of the Royal Edinburgh Lunatic Asylum, and the author of several celebrated works, and of some excellent Remarks on the moral management of the Insane, is of great weight, and no person can be better entitled to decide upon the subject under discussion. In a letter he has honored me with, Dr. Combe observes, "The safety and even advantage to the patients, from the admission of pupils, is fortunately not a matter of mere conjecture. I had the good fortune to attend the first clinical course ever given on the subject of insanity, by the celebrated Esquirol, at the Salpêtrière at Paris in the spring of 1819. I anticipated confusion and excitement, from the indiscriminate admission; for all pupils who chose to attend went round with Esquirol, when he visited the patients before lecture. There was no restriction whatever, except that he occasionally went into a cell with only one or two of the clerks, where he thought the crowd would excite too much. But instead of that, the patients seemed amused and interested, and during the whole three months, I never saw one instance of any excitement; or other unfavourable result. On the contrary, the visit was expected with pleasure by many, and Esquirol's kind, friendly way of addressing them, and then turning round, to make a good-natured remark to the students, had a manifestly soothing and beneficial effect. Of course, the students behaved with propriety and good-humoured forbearance also, and consequently were not regarded with the suspicion, which used to be excited in the olden time by the admission of visitors, who come to stare as at wild beasts. The number of students who went round with Esquirol at that time, averaged from thirty to fifty, and no confusion of any kind occurred. I visited Charenton and Ivry with Esquirol in the autumn of 1831, and up to that time, he gave the same testimony concerning the advantages, to both patients and

pupils, from the above plan ; and I believe, at Bicêtre also clinical lectures have been given, and students freely admitted for some years. I have devoted much attention to insanity, ever since I attended Esquirol's clinique in 1819, and every day's experience has added to my conviction of the necessity, even for the advantage of the patients, of admitting pupils to our asylums, under proper regulations. The attending physician would, of course, prohibit access to any who might in his opinion be injured by it, just as is done in the case of acute diseases in ordinary hospitals. If there was any chance of an overflow of pupils (an unlikely thing in my opinion), it would be easy to divide them into several classes, each to have admission to certain wards only. It is no advantage to a student to have scores of patients under his eye, at the same time. Infinitely more instructive is it, to confine his observations to such a number, as his mind can easily embrace, so as to digest and comprehend their peculiarities. To benefit by his opportunities, he must not only observe, but think and compare, and in doing so, the physician may help him most efficiently, by a few judicious remarks." As any comments of mine might impair the force of these conclusive observations, I will only add, that if arguments can avail, the above reasoning, from being based upon experience, ought to shew the groundless nature of the fears still entertained by some benevolent, but I think mistaken individuals.

Formerly it was the general practice to exclude lunatics as much as possible from all contact with their fellow-men; and even in many instances, to consign such unfortunate beings to beds of straw, to chains, and dungeons. Happily however, in this country at least, such cruelties are now almost unknown, especially in the Metropolitan districts, where a more humane, as well as a more successful mode of management is pursued. Nevertheless, not many years ago, the unhappy maniac, instead of being considered as an object of commiseration, on account of his helpless condition, was almost thought to be devoid of many of the ordinary feelings of human nature ; and some ignorant people even believed, that lunatics could neither feel cold nor hunger, and that they were almost insensible to pain. Treatment which would certainly have been considered cruelty, if exercised towards reasonable beings, was thought to be justifiable when the object was to cure a fellow-creature, suffering from the accumulated miseries of poverty and mental alienation. But fortunately for human



nature, such erroneous doctrines, although but too prevalent in the olden time, are now repudiated by every humane individual; whilst kindness, with a due regard for the safety, and physical comforts of the insane, as well as for their moral treatment, are now considered, in most cases, indispensable for promoting convalescence.

Again, as a recent writer observes, the more lunatics are congregated together, the advantages arising from exercising their remaining intelligence, by slight occupations or distractions will be the more apparent—for if left entirely to themselves, insane patients are very apt to be seized with some fixed, and generally erroneous ideas, whereby they are apt to become indifferent, and to impose little or no restraint on the indulgence of their false impressions. But when their train of false ideas are interrupted by other impressions, and if the lunatic be called upon to take a more or less active part in some intellectual occupation, his mental faculties may be thus considerably awakened, and the judgment even improved, so as to promote an ultimate recovery. Seclusion from all communication with our fellow men is very apt to produce insanity; and although it is often desirable to separate those afflicted with mental hallucination from their immediate relations, and to remove them to new situations, quite different from those they were accustomed to frequent, previous to the appearance of their mental malady, it is equally well-known that, by occupying the attention of the insane with objects and pursuits opposed to the false ideas usually engaging their minds, a new impetus may be given to their trains of thought, so as to free the patient for a moment from his disease, by which means the intellect may acquire additional force, and reason be ultimately re-established.

In illustration of the principle, that moderate occupation of the mind, when judiciously employed, instead of allowing patients deprived of reason to brood constantly over their delusions, is followed by beneficial effects, I cannot adduce better evidence than the results obtained in the French hospitals, at Hanwell, and also in Bethlem, where such a system of occupying the patients has been introduced. At Bicêtre, a teacher of music was appointed in 1839, and reading, writing, as well as dancing are now taught, workshops also have been established—in fact, every effort is made to engage the attention of the lunatic in some innocent or agreeable occupation. The same system has been found equally useful, in other lunatic establishments,

and especially at Bethlem Hospital, where, under the judicious management of the matron, Mrs. Hunter, many of the females are engaged in various kinds of work which are both an amusement, and conducive to their restoration to health; whilst in the male wards, under the able superintendence of the steward Mr. Nicholls, painters, gardeners, carpenters, and other tradesmen are now occupied in their respective handicrafts, and this plan is about being carried into more extensive operation than hitherto. Besides these bodily employments for the patients, mental recreation is not neglected, as books and music are to be placed within the reach of the inmates; in short, the march of improvement is progressive. Important facts like these strongly prove the advances making in the modern system, instead of relying as of old upon coercion, or non-occupation of the patients. Of course, when an insane person is either dangerous to others, or might inflict any injury upon himself, the propriety of giving employment to such patients, does not apply to the same extent, and restraint may then be necessary. But this is not the place to enter at length into such an interesting inquiry as the application of restraint in mental diseases, nevertheless I would remark, in passing, that much good has been effected by recent discussions on that subject; and whatever may be the opinions of physicians, the real and permanent benefit of lunatics, not dogmatic assertions unsupported by experience, ought alone to influence the decision of so important a question. But enough has been now stated to shew that intercourse with others, whether through the medium of physicians and medical students, or by engaging the patients' minds in some intellectual and manual occupation, instead of producing any hurtful consequences to the insane, as many may still believe, often have a totally different effect.

At the Gloucester Lunatic Asylum, the principle of amusing and giving occupation to insane patients, has been carried into operation to a considerable extent, and apparently with very beneficial results, according to the subjoined extract from the statement of the visiting Committee of 1841.

“Balls and other amusements, occurring in Lunatic Asylums, have been of late publicly mentioned as matter of admiration and astonishment. In this Asylum, large parties for dancing have always been promoted; as well as dinner and evening parties, when proper, and pleasurable excursions, for many hours, in the country. Musical entertain-

ments within the walls, and attendance on public amusements, are of so frequent occurrence, that they constitute the practice, rather than form the occasional source of astonishment in this Asylum. Indeed, to so great an extent does our superintendent endeavour to make his patients feel that they belong to the great community of mankind, and are only temporarily separated for their health's sake, that he encourages a great proportion to attend to their religious duties, on Sundays, in the places of worship in the city and neighbourhood ; and induces all who can or will separate themselves from the Asylum, to take their exercise in the surrounding country ; whilst, to give encouragement to those who are inclined to be industrious, he employs all he can, *without* the walls, in various ways, and cultivates nearly twenty acres with the spade in the fields adjoining and belonging to the Asylum, with scarcely any other check upon their escape, beyond the good feeling subsisting between himself and them." From similar Institutions, many examples of the same kind might be quoted, but it is unnecessary to prolong the discussion, as the benefits which accrue to the insane from judicious occupations and amusement, are now generally admitted.

Comparing the present improved treatment of mania at Bethlem Hospital, with the system which prevailed in even very recent times, it becomes more desirable, that a knowledge of the mode of management now pursued in that, as in every well regulated insane establishment, should be as extensively diffused as possible, for the benefit of the public, and the medical profession. And it is a pleasing duty to contrast the condition of the patients in Bethlem, and the mode of treatment now pursued, with that prevalent even at the beginning of the present century, or before much public attention was directed to the subject of insanity. Thus, in 1811 Dr. Black remarks, when speaking of Bedlam, that " Separate confinement in their cells, straight waistcoats, and in the ferocious maniae, handcuffs and chains, soon render them (the patients) tractable and obedient." Dr. Black also says, " that a very small number even of the incurables, are kept as wild beasts, constantly in fetters." Again, when Mr. Wakefield visited that hospital, according to the parliamentary inquiry on the 1st of May, 1815, he states amongst other circumstances, that, " One side-room contained about ten female patients, each chained, by one arm or leg to the wall ; the nakedness of each patient being covered by a



blanket gown only, and the feet even were naked. Many of these unfortunate women were locked up in their cells, naked and chained, on straw; with only one blanket for a covering. On the men's side of the house, in a side room, six patients were chained close to the wall; five handcuffed, and one locked to the wall. All were naked, except as to the blanket gown, or a small rug on the shoulders, and without shoes. The room appeared like a dog kennel. Chains were universally substituted for the straight waistcoat. Some were lying stark naked upon straw; and about one fifth were in this state, or chained." What a sad picture of the cruel usage, and improper treatment pursued not many years ago, towards the unfortunate maniacs!—and it is not surprising, if some of the patients, as Dr. Black reports, appeared ferocious and kept constantly in fetters; indeed, such harsh measures were quite sufficient to render any one furiously insane, and to convert curable into incurable lunatics. Fortunately however for poor afflicted humanity, an improved mode of management has since then been adopted; and if either Dr. Black or Mr. Wakefield, were again to visit Bethlem in the year 1842; they would doubtless be as much pleased with the far more humane method now pursued, as they would also be highly gratified with the beneficial results that system produces.

Numerous facts might be stated to illustrate the improvements recently adopted, in the curative treatment of the insane at this establishment; but as the object proposed in these observations, is to point out the advantages of giving additional facilities for studying insanity, rather than to investigate the ordinary modes of management, or the various remedies proper to be employed in treating that distemper, it is unnecessary to pursue the investigation of that point any farther. The above examples of the system formerly pursued at old Bethlem Hospital, fortunately obsolete in the new, have been brought forward principally as arguments in favour of opening the doors of that institution more widely than heretofore. Believing, that the more extensively sound principles regarding the management of insane persons are diffused, the greater will be the benefits conferred on suffering human nature, I shall be content if the observations contained in these pages, do no more than attract attention to the question now discussed. And although I am not so sanguine as to expect, that old prejudices and customs, however detrimentally they may sometimes act upon society, can be suddenly removed;

nevertheless, the wants of the community, and the general benefit of mankind, will finally triumph over every difficulty; and however contrary to previous practice, or opposed to usually received opinions may be the innovation I propose, I do not despair of its ultimate adoption.

Notwithstanding the principle of permitting pupils to visit the insane patients in Bethlem Hospital, along with the physicians, has already been partially established, the application of the rule is of too limited a description to be of considerable benefit, as only three are allowed; and the expense being much beyond the pecuniary means of most medical students, the number is not always complete. Besides, lectures are not given at this hospital, although there are ample means for such an undertaking, for the qualifications of the medical officers to impart instruction to pupils, will be readily acknowledged,—and indeed, one of the present physicians, Sir A. Morison, commenced lecturing on the nature, causes, and treatment of mental diseases in London, nearly twenty years ago; and these lectures were the only regular course then delivered on that subject in the kingdom.

Again, at St. Luke's, notwithstanding one of the objects proposed at the foundation of that charity, according to the original address in 1751, was "of introducing more gentlemen of the faculty, to the study and practice of one of the most important branches of physic;" medical pupils are not admitted into that hospital, having upwards of 200 lunatic patients, although the present attending medical officers may be well qualified for conveying instruction to young men, on the management and curative treatment of mental diseases. But exclusive as the system actually prevailing at St. Luke's may appear, the Governors of that charity were much more liberal in allowing pupils to visit the patients in the hospital at the middle of the eighteenth, than they are in the nineteenth century. This retrograde movement is singular, since at the period mentioned, Dr. William Battie, a celebrated and learned physician then attached to St. Luke's Hospital, states in the preface to his *Treatise on Madness*, published in 1758, that "by an unanimous vote, the Governors signified their inclination of admitting young physicians well recommended, to visit the hospital, and freely to observe the treatment of the patients confined." Moreover, the same author also says, he "offered to the perusal of the gentlemen, who honoured him with their attendance, the reasons of those prescriptions, which were submitted to their observation." Nothing could be bet-



ter adapted for the instruction of young medical practitioners, than the method then pursued at St. Luke's. The publication alluded to, and perhaps also the innovation respecting the admission of pupils to the wards of St. Luke's, involved the author in a dispute with Dr. John Munro, physician to Bethlem Hospital, who affixed to a small volume he wrote, entitled "Remarks on Dr. Battie's Treatise on Madness;" the line from Horace, "O major, tandem parcas, Insane, minori." This furnished a joke to the wits of the day, who ever afterwards designated the Doctor, *Major Battie*. The laugh may have then been on the side of the Bethlem physician, and at his facetious proposal "to provide a paper cap as a proper integument" against insolation, but utility and reason belonged to St. Luke's. At what time this important permission to visit the wards of that hospital was withdrawn, or if still in force, why it is not acted upon by the physicians I know not, although the circumstance deserves explanation. But I hope a new era will soon arrive, when an opinion, that lunatic asylums should be made subservient to the advancement of medical education will generally prevail, and be carried into practical operation, particularly at public charities like St. Luke's and Bethlem Hospitals.

The views now advocated, that public institutions for the reception of lunatics should be made schools for educating individuals to whom the care and treatment of insane patients are committed, have already been partially adopted at the Gloucester Asylum, already alluded to, where "a limited number of officers of both sexes, in the double capacity of assistants and students, are received into the establishment. Those of the male, to be medical gentlemen, who have completed their professional education; and those of the female, young ladies of good education and manners. This system has been commenced, and as far as such officers have been appointed, has proved very satisfactory." This is a very good commencement of a new method; and I am happy to learn by the following extract from a Report which Dr. Browne, the experienced medical superintendent of the Chrichton Institution for lunatics, at Dumfries, has had the kindness to forward me, that a proposition has been made for its adoption, though to a limited extent, in that excellent establishment.

"It has been proposed to render the Institution a clinical school for the education of young medical men who propose to make insanity a special study. Under certain restrictions, one or more students will be admitted to act



as Apothecaries, or Assistants to the Physician ; who will thus have the inestimable advantage of living among the insane ; of watching and becoming accustomed to their habits of thinking and acting ; of performing every office which kindness dictates, or the treatment demands ; and of observing all modifications of mental disease, and the means of alleviation employed. For obvious reasons, the whole of an Asylum cannot be thrown open to all students indiscriminately, however desirable in some respects such an innovation might be ; and these Assistants are accordingly required to have received some instructions in medicine previous to their appointment, to be articulated pupils of the Superintendent, and to be members of the Household."

Besides these examples, the present eminent resident Physician of the Middlesex County Lunatic Asylum, Dr. Conolly, has recently, and since the first edition of these Observations appeared, delivered gratuitously a course of lectures on mental diseases, to medical pupils from the different London hospitals. This important step in medical education must be of much advantage to the younger members of the medical profession, and constitutes almost a new epoch in the management of the Metropolitan Lunatic Asylums. Such a course of instruction makes these useful institutions, in addition to their present purposes, conducive to the advancement of knowledge respecting a disease of very great interest to all who are engaged in the study and practice of medicine, and is both highly creditable to Dr. Conolly, and to the visiting justices sanctioning it, and affords an important practical illustration of the principles enforced in the previous observations. And although the distance from town must always be an impediment to the attendance of pupils at that institution, nevertheless, the opportunity thus liberally afforded to young men of obtaining useful information, on the curative treatment of insanity is most valuable, and forms an excellent beginning in the course of improvement. The example now set at Hanwell ought to be followed at other public charities for the reception of lunatics ; and were the wards of Bethlem and St. Luke's Hospitals opened to the admission of medical pupils, at a moderate fee, and lectures, with clinical instruction given, the objects contemplated in these pages would be amply accomplished. The improved modes of treatment recently pursued in these extensive insane establishments would thus be made more generally known than at present, and old preju-

dices, or defects still existing in the management of these or similar institutions would be ameliorated by the publicity thus given to their proceedings by the more general surveillance of the public, and the medical profession.

Connected with this subject, perhaps a few remarks respecting the kind of accommodation most conducive to the recovery of patients affected with mania, will not be superfluous, or considered irrevelant. When mental alienation supervenes, the individuals affected are either received into a public hospital like Bethlem, and the County Asylums, or sent to a private establishment, which is frequently kept by a medical practitioner; and sometimes the patient is placed in a house where only one lunatic is maintained, or he may remain at home with his relatives. Many considerations must influence the friends of a person labouring under insanity, in selecting the place believed most likely to promote convalescence. Station in life, pecuniary means, and various collateral circumstances, must always affect this decision, but into these points it is here unnecessary to enter, as my present object is not so much to discuss these subjects, as to draw attention generally to the advantages which would accrue if there was an institution, for the reception of insane patients belonging to the middle and upper ranks of society, of a somewhat similar kind to Bethlem Hospital, in which the moral and medical treatment of the insane might be assimilated to the system now adopted in all properly conducted asylums.

The number of persons above poverty, but who are unable to contribute towards the care and keeping of an imbecile relative, is more considerable than many may perhaps suppose; and to apply like paupers for admission into Bethlem or St. Luke's, is often painful to the feelings of friends, and contrary to what they think is due to the lunatic patients themselves. Under these circumstances, parties are obliged from dire necessity, either to keep the patient at home, or to incur an expenditure at a private establishment, which the relations are scarcely able to sustain. Institutions partly of the kind alluded to, already exist in some parts of the country, as for instance, at Dundee, at Dumfries, at Gloucester, and elsewhere; but there is no public hospital appropriated for the reception of persons, belonging to the middle and upper classes of society, within my knowledge, at present in the metropolis, where insane patients could be admitted at certain stipulated rates, according to the applicant's means, and commensurate with the accommodation or comforts supplied to the inmates.

To direct attention to this desideratum, forms the chief object of these additional remarks; and although some maniacs do not require separation from relatives, or any change of scene, or the seclusion of an asylum, (and in certain cases, any proceeding of the latter kind might render a mild or incipient attack either severe or confirmed) nevertheless it is often very desirable to place the patient in a public asylum, in order to be properly accommodated and medically treated at a moderate expense. It is to such individuals, and also to such respectable persons, whose means are limited, and who require retirement or a change of scene, that an asylum of the kind alluded to would prove a great boon.

The high ratio of cures often effected in public hospitals, in comparison with the number of admissions, is a strong argument in favour of establishments, similar to St. Luke's and Bethlem. Thus, at the former, the proportion of cures was 59½ per cent. in 1841, and 64 per cent. for 1842. In Bethlem, where many criminal lunatics are confined, it was under 59 per cent. during last year, but at the Gloucester Asylum, the cures in the private patients amounted to 62 per cent. The above statements show the beneficial results obtained at public institutions; but it is almost impossible to ascertain what may be the ratio of recoveries in establishments belonging to individuals. Another point connected with this subject should also be noticed, namely, when any disposition to suicide manifests itself in the maniac, or if he is disposed to inflict injury upon others, the surveillance exercised in well regulated asylums, even by the patients themselves, will be frequently a preventive; for it is observed, that lunatics inclined to self-destruction are sometimes restrained from giving way to their propensity, when surrounded by other patients, whose company would seem not only to act as a safeguard, but to be a distraction, tending to interrupt their usual trains of thought, and to check their diseased mental manifestations. Again, as to the rarity of suicides in public institutions, it is worth mentioning, that in 4245 lunatics received into Bethlem Hospital from the 31st December, 1822, to the 1st July, 1842, five instances of the kind have occurred, or one suicide in 849 insane persons. It is also of importance to bear in mind, that at least half the patients admitted were discharged cured, and only 216 deaths were reported, or within a fraction of 5 per cent. These facts speak strongly in favour of Bethlem Hospital, and of the benefits conferred upon insane persons,



by public hospitals appropriated solely for their reception and curative treatment.

The judicious occupation of the patients, their classification, and the proper adaptation of amusements to promote recovery, are besides much more easily carried into operation in large, than in limited institutions. Further, as private influences are less likely to act upon the superintendent, and responsible committee of management in a public hospital, than at an establishment, where a different system exists; the great anxiety would be to restore patients to their friends and to society, as speedily as possible after convalescence, instead of keeping them longer in the house than is necessary for their cure.

Of course, as an institution of the kind now casually mentioned, is intended for patients who would pay a proper remuneration for their treatment; the dietary and all other arrangements would, necessarily, be of a much superior description, either to that allowed in St. Luke's or Bethlem Hospitals. However, as the present remarks are merely made to draw attention to the propriety of establishing in London a public asylum for insane persons belonging to the better classes of society, it is superfluous to enter now into details, as it will be time enough to discuss minor considerations, after the general principle has been acknowledged.

To show the advantages which public asylums possess over private establishments, and their capabilities to ensure kind treatment to those who are incurable, the following paragraph from the recent Report of the Gloucester Lunatic Asylum, furnishes another very strong testimony in favour of this proposition. In that document it is said, "The visitors cannot refrain from urging upon those whose relatives are afflicted with insanity, to seek rather the public than the private asylum. They urge still more, the taking this step in the *early stage*, when the disease has not been tampered with by inexperience, or rendered hopeless by delay—for it is amongst the few regrets which the retrospect of past years affords, that the most painful cases have ever been those, in which one or other of these misfortunes has befallen. While it is an acknowledged fact, that of those who are sent within two or three weeks of the commencement of the malady, nine-tenths are cured."

In the present state of feeling respecting lunacy, and considering the opinions entertained by many, regarding the advantages of mystery and seclusion in the treatment of the insane, it is not at all surprising, that individuals

should sometimes feel an unwillingness to place their relatives in a public asylum, along with other lunatics. Nevertheless, the proposition is of so much importance, and appears so deserving of mature investigation, that I think further remarks on the subject will neither be out of place in these pages, nor will the time be unprofitably occupied if reference is made to the opinions of a few individuals who are able, from their position and personal experience, to speak decidedly on the present question.

Among the highest authorities I certainly would rank so accurate an observer as Dr. Jacobi, whose sentiments on any subject connected with insanity may well be quoted with the fullest confidence. Dr. Jacobi, who is physician to the Hospital for the insane at Seigburg, has given much attention to the subject of Lunatic Asylums, which his recent work on the construction and management of hospitals for the insane sufficiently indicates. In that publication he observes, "that any inherent reason should exist, to prevent a well organized public establishment from appropriating to itself all the excellencies and comforts with which a private one may be adorned, and indeed in a degree so much the greater, as its means are proportionably more extended, would be very difficult to establish." In another part of the same treatise, this accomplished author, and skilful physician, also remarks, "having fully established the conviction that public institutions for the cure of insane persons, are not only useful, but indispensable, and that the treatment of insanity conducted in them is, with few exceptions, greatly superior to that in private dwellings, or smaller private institutions, we proceed now to consider the appropriate arrangement of these establishments." Further, in a subsequent page, Dr. Jacobi says, "any prejudice therefore which may oppose the general admission of this truth, as well as any other which may threaten to discourage the public from unhesitatingly availing themselves of public Lunatic Asylums, ought to be earnestly opposed and discountenanced, as it cannot be entertained without causing serious injury to many an unhappy being." Stronger or more conclusive evidence could scarcely be brought forward in support of the benefits derived from public Lunatic Asylums, than the above observations of a person so well able to give an opinion, and one who has no interest in the question, but is only dictated by a humane feeling towards the insane.

M. Foville, justly considered one of the most eminent physicians of the present day in France on all subjects connected with mania, likewise says in a recent publication, when alluding to the treatment of mental diseases, that "it is no longer a question, whether it be proper to treat a lunatic at home, or to isolate him from his family and his habits. Experience has shown how many inconveniences are attached to the first mode, and how many advantages result from the second." Esquirol also entertained similar opinions; indeed other authors on the same subject might be quoted if necessary, but the proposition must appear so obviously beneficial to a large



class of unfortunate beings, especially to those of limited pecuniary means, that any additional argument to establish conviction in the minds of the most prejudiced individual is almost superfluous; however, as some benevolent friends of afflicted humanity may still entertain a doubt regarding the superiority of public over private and limited establishments for the treatment of the great majority of insane patients, it may be useful to refer to the experience acquired at some of the public lunatic asylums of this country, especially to those in which patients belonging to the better classes of society are received.

Before noticing these institutions, I would refer to the results obtained at the Hanwell Asylum, although pauper patients are almost exclusively the inmates of that establishment. Thus, the visiting Justices, in a recent report, state, "No reflecting mind can doubt that the treatment of insanity in its early and acute stages should form part of the education of the general practitioner; experience daily proves that when the disease assumes a chronic form, the comforts of the patients can be best ensured in asylums of a public character; as the prejudices which prevail against them amongst the wealthier classes pass away, it is earnestly hoped their blessings will be extended to those unfortunate sufferers who possess sufficient property to pay for their support." Again, at the Aberdeen Lunatic Asylum, where patients of all ranks are received, the system seems to have succeeded admirably; for not only was the general health of the inmates better last year than the preceding, but the asylum seems also to have been more appreciated by the public, judging from the number of admissions, and the large amount of money paid for the board of patients during last year, which exceeded by upwards of 200*l.*, the whole expense of the establishment, although the pauper patients belonging to the county, only pay 15*l.* per annum. In the Crichton Institution at Dumfries, already alluded to, the same principle prevails; and as applications for the admission of patients to this asylum are made from all classes of the community, and from all parts of the kingdom, such circumstances show the friendly feeling and confidence the institution has engendered, even amongst strangers. Another instance might also be quoted, namely, that of the Dundee Royal Asylum for Lunatics, where patients belonging to every station in life are received, and in which it may be justly stated, that the internal arrangements, and the treatment the inmates experience, are fully equal to those of any establishment of the kind throughout the empire. Indeed, with respect to one very important feature connected with the care and management of lunatics in public institutions, it ought to be mentioned, that since the introduction of the present system of moral treatment, no case of suicide has occurred in the last named institution since 1830, although during the above twelve years 538 patients have been admitted, many of whom were permitted to use dangerous instruments in their daily occupations.

Considering it unnecessary to accumulate farther evidence respect-



ing the utility of public Lunatic Asylums, I will not enlarge upon the subject at present further than by expressing my fears, that some time must yet elapse before the strong prepossessions now frequently prevailing against institutions of this public description shall have been overcome by the force of reason and experience ; for I regret to think, that the opinion that such institutions are prisons or workhouses, instead of being hospitals for the restoration to mental health of their inmates, is still very prevalent, even amongst the educated classes of society. Such erroneous impressions being widely spread, have a most injurious influence ; and until the minds of prejudiced, though benevolently disposed persons are disabused respecting this important subject, much doubt, if not opposition, will continue to exist amongst the relations of insane patients against placing them in a public asylum. But I feel confident that a more extended experience, and dispassionate discussion will, in due time, effect a material change in public feeling respecting these interesting questions, to which desirable consummation, the reports now annually published under the sanction of the managing committees, and medical officers of many of the insane hospitals, both in England and in Scotland, and on the Continent, will materially contribute.

To shew the superiority in many instances, of a public lunatic asylum, when conducted upon proper principles, over some institutions of a private, or more limited description, I would cite the decisive observations of a physician esteemed a great authority on all questions connected with lunacy, namely, Dr. Conolly, who remarks, in his work on Insanity,—“ The care of lunatics being generally lucrative, it has happily followed, that many respectable, well educated, and humane individuals have, in different parts of the country, devoted their time and their talents to their management. But there are many exceptions ; the prospect of certain profit allures some capable of no feeling but a desire for wealth, and the most ignorant and uneducated men, or *women*, are, in some instances, the keepers of houses for the reception of lunatics. The patients are transmitted, like stock in trade, from one member of a family to another, and from one generation to another ; they come in youth to the father, they linger out their age with the son. An uniform system of restraint is enjoined, which saves all trouble ; and a book of prescriptions is bequeathed as a substitute for the physician or apothecary.”

Contrasted with this statement, the published reports of some of the provincial asylums may well be placed in comparison ; for instance, the last Annual Report presented to the Directors of the Dundee Asylum states, “ there are a great many persons still, who believe, that a lunatic asylum is a place only of confinement and suffering, and that its inmates must be constantly in a state of wretchedness and misery. The disease itself is so revolting to human nature, and the punishment and tortures which were formerly inflicted on the unhappy inmates of an asylum were so excessive, and from the exposure which was made many years ago

of that system, have become so universally known, that it is not at all surprising, that such a notion should still to a considerable degree prevail. As such an opinion may possibly be the cause, in some instances, of occasioning the friends of patients to delay sending them to an asylum till the disease has made considerable progress, and the chances of cure are materially diminished, it is one which it is the duty of all connected with an asylum, to endeavour to eradicate, by spreading among the public more correct information regarding the economy of such institutions. In fact, no opinion can be more unfounded than this, that the inmates of an asylum are doomed to a state of continued unhappiness, or subjected to insult or punishment, by those to whose care they are entrusted." So unequivocal an opinion respecting the advantages of a public asylum is decisive, and ought to produce an impression upon those who may still be sceptical upon the subject. And now seeing how well the system of receiving patients belonging to the better classes of society into the provincial public lunatic asylums has answered—that it has proved advantageous to the patients, and less burdensome in a pecuniary point of view to their relatives, especially in cases where this dreadful malady attacks the head of a family, whose support, or even existence may mainly depend upon his continued exertions—is it not most remarkable that, in the metropolis of the British empire, already so pre-eminent for its many philanthropic establishments, no such institution should at present exist? We are compelled to acknowledge our deficiency in this respect not only to other capitals, as for example to Paris, where, besides the large hospitals of Bicêtre and the Salpêtrière for insane paupers, the Maison Royale, at Charenton, is open for the reception of lunatic patients of both sexes belonging to the educated and higher classes of society, but even to our own smallest provincial towns.

Believing the following facts to be well established, and consonant with the observation of physicians of experience; that mania is generally augmented by solitude; that insane patients often become worse when they are deprived of the society of their fellow creatures, or shunned like outcasts from society; and that so far from the tendency to mental alienation being augmented by congregating lunatic patients together in the same asylum, the very opposite result in many cases supervenes; that maniacs generally have little disposition to adopt as their own the delusions of other lunatics, but on the contrary, are often accurate observers of, and even will endeavour to correct the hallucinations and foibles of those madmen with whom they associate, I really cannot understand the objections to public asylums. As to the advantage of congregating lunatic patients together in the same institution, most writers on insanity agree in opinion, that many agitated lunatics, when confined in separate apartments, have often become worse and more noisy by such treatment; but when allowed to occupy the same dormitory with another patient, or to associate with the rest of the inmates, they have become more quiet and manageable. Of course, exceptions must present themselves, and cases



will occur, when seclusion for a time may be advisable, or where the conduct and condition of one patient might prove injurious to others ; but generally speaking, the principle of allowing lunatics to associate together is often beneficial, and the more so when, instead of being allowed to remain idle, they are engaged in some useful or agreeable occupation by which their moral government, and recovery is promoted.

It may likewise be remarked, that when insane patients are kept at home with relatives and friends, or confined in limited institutions, having very few associates, and where physical existence is marked only by its dull monotony, they cannot have the same advantages which a large and well appointed establishment is capable of supplying. In the former case, the maniac being in constant communication with objects and persons familiar to his excited imagination, the mental disorder will more probably continue, from the patient being exposed to the influence of causes, which may have materially contributed to produce his disease. In the other, unless the establishment be well managed, and possessed of the necessary requisites, some things must be wanting which the physician would think essential to promote convalescence. Such are some of the reasons which an advocate may justly advance in favour of the proposition now brought forward ; and although many establishments, both public as well as private, are much better organised, and more judiciously managed than in former times, still the desideratum alluded to ought to be supplied by the foundation of an Institution of the kind proposed, by which many important advantages to a large class of unfortunate and helpless members of the community would be made available ; and this is the more desirable, seeing that in the best managed asylums, nine-tenths of the recent cases of lunacy received, are restored to their friends and families ; whereas, in those establishments not provided with the adequate means of treatment, it is said not more than one-third of the patients recover.

As very strong prepossessions still prevail in the minds of many persons, against placing an insane relative in a public asylum, lest the malady which affects the patient, should be thereby made known to their acquaintance, some time may likely yet elapse, before the middle and upper classes of society will be induced to view the present question in its proper light. Unfortunately also, the erroneous opinions prevalent on this point, tend to make those who are the natural guardians of the poor lunatic, often desirous to throw a veil of mystery over the disease, and even to make them anxious to conceal the place where the patient may be confined ; in order that their own morbid feelings on the subject may not be offended. This selfish sensibility, to say the least, is very reprehensible, as it indicates more regard for their own mistaken sentiments, than may be always consistent with the welfare of the afflicted patient, which ought alone to be the guiding rule of conduct in such cases. And why parties should be more unwilling to acknowledge that an affection of the mind has attacked a relative, than they now



usually are when the disease is only a bodily complaint, appears somewhat inexplicable, especially where the unfortunate sufferer has not contributed by his own misconduct to induce this affliction, but has become its victim entirely from the peculiar nature of his constitution. The great object in every case of mania ought to be, to employ the most approved means for promoting the recovery of the patient; and as the concurrent testimony of most writers on insanity agree in opinion, regarding the superiority of public over private establishments for the insane, the time I trust is not distant, when a proposal like the present will meet with more favour than it may at first encounter. I am fully aware of the prejudices and interested motives which must be overcome, before any proposition of the kind now mooted will be generally recognised; nevertheless, the suggestion is thrown out for further consideration, in the sincere belief, that its utility will soon be acknowledged, if not ultimately adopted.

When alluding, in a previous part of these Observations, to the system pursued on the continent, respecting the study of lunacy in public asylums, I stated, that the practice permitted was very different from the custom in this country; and as allusion is specially made to Bicêtre and the Salpêtrière Hospitals, and as I brought forward the practice adopted at these establishments in support of the proposition to open the wards of Bethlem Hospital to medical pupils, I felt anxious to verify again, by personal inspection, the correctness of the opinions advanced from former recollections, regarding the study of insanity in the Parisian medical schools. Influenced by such motives, and at the same time being desirous to observe the moral, as well as the medical treatment there pursued in this deplorable malady, I visited the French metropolis in September last; and as a short account of the insane hospitals in that capital, with a few reflections on the treatment of lunacy, which there came under my own observation, will not be out of place in these pages, particularly as so much has been said of this interesting subject in recent publications, I trust no apology is necessary in drawing attention for a little to establishments, whose beneficial influence in extending the knowledge of insanity, and in ameliorating the miseries consequent on mental alienation, has not been confined to France alone, but has been felt throughout Europe.

Previous, however, to noticing the insane hospitals in Paris, some allusion to the alterations recently made in the laws relative to lunacy and asylums in France, may be interesting to English readers. Besides, as the new law of the French legislature of the 30th June, 1838, and the ordonnance of the King dated the 18th December, 1839, respecting public and private establishments for the insane in France, make considerable changes in the administration and number of these institutions, they will have some effect in the future treatment of lunatics in that country, as well as in promoting the study of mental diseases amongst a larger proportion of medical practitioners than heretofore, in consequence

of a greater number of physicians being required to superintend the new asylums, which are about to be erected in many of the departments of France.

By the Act of 30th June, 1838, each department is obliged to provide a public establishment, especially destined for the reception and treatment of lunatic patients belonging to the district; or to arrange, under the sanction of the Minister of the Interior, with a public or private asylum in the same or a neighbouring department, to receive their insane paupers; and it is permitted, in certain cases, to appropriate a separate division, in civil hospitals, for lunatics, provided there is sufficient accommodation for not less than fifty patients. As every lunatic establishment is placed under the direction of the Préfet of the department, the President of the Tribunal, the King's Procureur, the Judge of the Peace, and the Mayor of the Commune, and as they must be visited by the King's Procureur of the Arrondissement, at least every six months (in addition to the visits made by the Préfet, and the other official persons delegated by him, or the Minister of the Interior, for that purpose), there is some guarantee that they will be properly conducted; but besides these regulations, before an establishment can be opened for the admission of insane patients, all rules for their internal administration must be approved by the Minister before they can be put in force. By another clause of the same Act, it is expressly forbidden for any person to establish, or even to superintend a private insane asylum, without the authorization of Government; and in such cases, it is also enacted, that every house, intended for the reception of lunatic patients, must be entirely separate from any private establishment receiving inmates affected with other diseases; and the King's Procureur of the Arrondissement must visit all the private asylums in the district, at least once every three months, at undetermined periods.

According to the King's ordonnance of the 18th December, 1839, which regulates many details not comprehended in the previous Act of 1838, it is ordered, that every public asylum for the insane shall be administered under the authority of the Minister of the Interior, and the Préfet of the department; assisted by a commission of five members, acting gratuitously, and appointed by the Préfet. The Director of the establishment, and the Physicians, both chief and assistants, are, in the first instance, nominated by the Minister; but if vacancies afterwards occur, the Minister must appoint from a list of three candidates proposed by the Préfet. However, the patronage still remains, in reality, with the Minister, as he may add certain parties, of his own free will, to the list of candidates, and then nominate the favoured protégé to the vacant office. Besides, as the Minister may revoke the appointments of director and physicians, upon the report of the Préfet, as he alone settles the amount of the salaries of these officers, and farther, as the Préfets are the servants of the Minister, by whom they are appointed, and at whose pleasure they retain their offices, the Minister of the Interior is, in



fact, the sole patron and dispenser of all the important appointments now attached to the public insane asylums in France; much in the same way as the Minister of Justice has the patronage of those in the law. Although the chief physician must reside, according to this ordonnance, within the asylum, he may, nevertheless, by favour, obtain a special permission from the Minister, if he chooses, to live elsewhere; but in that case, he must visit the lunatics confided to his care, at least once every day, and in case he is prevented doing so, this duty must be performed by a resident physician.

Such are some of the general regulations respecting public insane asylums; but when any person is desirous of obtaining a licence to open a private establishment, the applicant must petition the Préfet of the department in which the proposed asylum is to be situated, to whose satisfaction he must prove, that he is twenty-one years of age, and in the enjoyment of all his civil rights; that his conduct and morals have been good during the three previous years, as shown by the certificate of the Mayor of the Commune in which he has resided; and lastly, that he is a Doctor of Medicine. But in cases where the petitioner does not possess this last qualification, he may produce an obligation from some physician who must engage, with the Préfet's approval, to undertake the medical duties of, and to reside in, the asylum; and as the Préfet can, at any time, revoke this appointment, it is not likely the treatment of the patients will be much neglected. Further details respecting the constitution and the ordinary government of public and private insane establishments in France, might be given; but as enough has already been said regarding the general administration of these institutions, I will only add, that besides the official persons previously mentioned, there is also an Inspector General of all the lunatic asylums of the kingdom, whose special duties, amongst others, are to visit and report upon these establishments to the Minister of the Interior; and as that responsible office is now ably filled by my old friend M. Ferrus, formerly physician to Bicêtre, and well known to the medical profession by his works on insanity, it is superfluous to speak of that gentleman's qualifications for such an appointment. To M. Ferrus, and indeed to all those with whom I had the good fortune to make acquaintance, I have to express my best thanks for the kindness with which I was every where received; not a door was shut, and all possible means were taken to show me whatever might be thought worthy of notice; for it mattered not whether the asylum was public or private, all were alike accessible, and every question I asked was fully and freely answered with the greatest politeness. To name all would be difficult, but I must here beg to express my obligations to MM. Foville, Falret, Voisin, Mitivić, Mallon, Baillarger, and many others whose attentions I shall ever remember with feelings of gratitude.

Previous to the time of Pinel, the lunatic asylums of France stood much in need of improvement; but that philanthropic physician



having directed his benevolent mind to the treatment of insanity, and to the improvement of the internal economy of those institutions, great changes were effected, by which the wretched condition of many insane patients of that day was greatly ameliorated. Subsequently, Esquirol, and other eminent persons made the study of mental diseases, and the moral and medical treatment of the insane, the subject of their particular inquiries, and in this way an increased attention has been bestowed upon these important questions by medical men in France, whereby a great advance has been made in the science and treatment of mania.

Bicêtre for males, and the Salpêtrière for females, are the only public hospitals for insane patients in the French metropolis. There is, however, the Maison Royale, at Charenton, for all those of either sex who can pay a stipulated pension for their treatment and maintenance. Having visited these institutions during my late residence in Paris, a few remarks respecting them may prove interesting, seeing, that the attention of the public has of late been much directed to the treatment now pursued in establishments for the insane in France. In other respects an account of the means medical students there possess of studying mental disease, is in accordance with the general objects I proposed to myself in submitting these Observations to the public, and the profession.

The Salpêtrière Hospital is, perhaps, the largest establishment of the kind in Europe, being not only a workhouse for infirm women, but likewise an asylum for pauper insane females belonging to Paris and the environs. At the period of my visit, the entire population of the Salpêtrière was about 5,300, of whom, according to the registers on the 1st of January, 1842, there were, in the house, 1,602 insane and epileptic patients. To give some idea of the immense extent of this charitable institution, it may be stated, that 3000 pounds weight of animal food are daily used in cooking, and on the day I visited the kitchen, (said to be the largest in the world,) the number of dinners then preparing for the various inmates was 5,203, the materials of which appeared to be excellent.

As already mentioned, Esquirol gave lectures on mental diseases at the Salpêtrière; subsequently M. Mitivié, one of the present physicians to the hospital, delivered lectures on the same subject: but whatever may be the importance to medical men to possess an adequate knowledge of this class of diseases, it must be confessed that of late the study of insanity, by lectures and clinical instruction, has, notwithstanding the very great impulse given to this part of medical education, at, and subsequent to the time of Esquirol, been much neglected in France, both by masters and students. However, as the new law of 1838, and the ordonnance of the King of 1839, impose upon all medical men, and especially upon those who may henceforward be appointed physicians to lunatic establishments, the necessity of being well versed in a knowledge of the principles and treatment of mental diseases, a fresh impetus has been given to the subject. M. Baillarger, one of the physicians to the

Salpêtrière, commenced a course of lectures on diseases of the mind in 1841, including clinical instruction, illustrated by patients treated in the Salpêtrière. On these occasions, M. Baillarger used to introduce to the students the insane person, upon whose case he lectured, and no bad effects ever followed these demonstrations. Indeed, upon this point, it is impossible to give better evidence than the subjoined extract from an official report made by the director of the Salpêtrière to the supreme council of the Parisian Hospitals, in consequence of that officer being deputed to attend all the lectures given by M. Baillarger, and to see whether or not the clinical illustrations were detrimental to the insane patients introduced to the class. M. Censier's report, which I am fortunately able to give, has the following paragraph :

“ From forty to sixty auditors usually attended the lectures, all in excellent order, and every thing went on with the greatest propriety. The patients did not appear to feel any disagreeable impression from finding themselves in the presence of the public, and they had no direct communication with the students. In short, I can affirm that, in consequence of the precautions taken by the council, and the prudence of the professor, the clinical conferences of M. Baillarger have been profitable to science, without producing any inconvenience to our patients, who were called upon to appear.”

These lectures were, I know, much appreciated by the students, who were, throughout, zealous in their attendance ; and the periodicals of the day, and the medical profession, thought them creditable to the professor, as well as highly useful to the young practitioner. Nevertheless, and in opposition to the above most favourable report from the Director of the Salpêtrière, who had no object whatever in sanctioning any proceeding injurious to the afflicted patients under his jurisdiction, the supreme council of the hospitals of Paris, last spring, did not allow M. Baillarger to resume, at the Salpêtrière, the clinical illustrations of his course of lectures on mental diseases, as in the previous session. In consequence of this refusal, which, to say the least, was both arbitrary in principle, and injurious to science, M. Baillarger gave no clinical demonstrations in 1842 ; and his lectures from necessity only embraced the general principles of mental diseases, their nature, and treatment. This proceeding on the part of the supreme council of the Parisian Hospitals may appear singular, and quite inconsistent with the liberality hitherto characterising most of the public functionaries connected with education in Paris, and in France. But new views seem to have taken possession of the minds of some members of the above Council, since that body, not only refused permission to M. Baillarger to continue his clinical lectures at the Salpêtrière, but they have also, it is said, thrown difficulties in the way of students attending cases of midwifery ; and it was even feared, they would interdict the autopsy of all patients dying in the Parisian Hospitals, unless with the permission of friends, where that was practicable. However, the whole medical profession



rose as one man against such an innovation, when it was first whispered abroad; so that the proposition, if it ever had been in contemplation, was not seriously brought forward. Nevertheless, the above circumstance shows the feelings actuating some members of the Council, and as that body, unfortunately for medical science, contains only one professional man among seventeen noblemen, deputies, and high officials, the fact of not continuing the permission granted the previous year to M. Baillarger, appears the less remarkable; but, perhaps, next season they may be led to reconsider their decision, so as to give every facility to the promotion of sound and practical education on this most important branch of the healing art.

During the repeated visits which I made to the Salpêtrière, many opportunities were of course afforded me of seeing the mode of treatment pursued in that establishment; but as the object proposed in these Observations is not so much the medical management of insane patients, as to urge the necessity of giving every member of the profession an opportunity of acquiring practical knowledge on insanity, I will only now observe, that the principle of occupying and amusing insane patients has recently been carried out more extensively in this hospital, than at any former period; and although many of the patients are occupied in needle work, spinning, and in other manual occupations adapted to women, improvements are still going on, as the following amount of the progress recently made will sufficiently demonstrate. The statement is taken from the report of cases belonging to the division of M. Baillarger, which comprises, on an average, about 350 patients, most of whom are incurable. In 1840, the proportion of patients engaged in some kind of manual occupation, was only 23 per cent. In 1841, it was 50 per cent.; but in January last, the number of work-women had increased to 60 per cent., and one insane patient actually gained 77 francs, in two months, by the work of her own hands. These are gratifying circumstances, and notwithstanding many instances of a similar kind might be mentioned, one will suffice. It was that of a poor infirm woman, an incurable idiot, who was often so dangerous that formerly it became necessary to watch her constantly, lest she might commit suicide, to which there existed a strong propensity. This unfortunate creature having been gradually taught to spin, she has become so tranquil, and apparently so attached to her mechanical employment, that she now sits in the ward quietly spinning at her wheel, although only very loosely tied to the back of the chair, to keep her from falling, both her hands being perfectly free. The improvement is quite apparent; nay, when I saw her, she even showed some dawnings of returning intelligence.

Formerly the patients were left much to themselves; but now every means are taken to occupy and amuse them. In one chamber, from 120 to 130 incurable lunatics often assemble together to dine at the same table, when knives and crockeryware are used without any evil consequences. In another apartment, from 40 to 50 fre-



quently meet to play at dominos, back-gammon, or to work, converse, or learn music from notes, chalked upon a large black board placed in the room. Again, three times a week, after the visit of the physicians, those patients who are able, or whom it is thought advisable to give permission to attend, meet at what is called the *réunion*, under the direction of a music mistress, who presides at the piano. On these occasions, some sing, others recite, and the rest sew or knit at the tables round the room; and frequently from 70 to 80 in each division will thus pass an hour very pleasantly, and behave quite as well as some more sane and fashionable audiences occasionally do.

M. Falret, one of the physicians, being a great advocate for the cultivation of music as a subsidiary means in the treatment of insanity, zealously promotes the regular *réunions* held in his division. I attended several of them, and was always much gratified with the performances. The room was generally quite full, and many patients looked in at the windows, or listened at the doors. At one of these musical *réunions*, 80 insane patients were present, besides spectators, some of the latter being ladies. M. Falret occupied the centre of an elevated table, having before him the programme of the exercises for the day, with the necessary books. The Abbé, who superintends the religious instruction of the patients, sat on one side, with the school master and mistress on the other; whilst one of the house pupils presided at the harpsicord, and a patient led the singing. The performance began with a solo, then duets were sung by different patients, and others recited fables or amusing stories; afterwards, the school master declaimed an heroic poem, which was followed by three patients reciting the third scene of the third act of Molière's "*Bourgeois Gentilhomme*." This they did very correctly from memory, and to the great amusement of the audience. Another song was now sung, a dialogue by two of the patients was then recited, and the day's amusement concluded with a canticle, in which nearly every one present appeared to join, when all quietly retired, apparently well pleased with their morning's recreation. As a proof, that music is considered very beneficial, not only are these *réunions* encouraged, but a music master comes regularly, three times a week, to give lessons in singing to the patients; indeed, every means are now employed to engage the minds of the afflicted inmates of the Salpêtrière in some agreeable or useful occupation, and to gain their confidence by gentleness and kind treatment. This is constantly kept in view; for it is well known that the insane are generally grateful when well treated,—will often become attached to those showing them kindness, and frequently testify their gratitude by endeavouring to check any propensity they may feel to behave absurdly, or commit extravagancies. I might easily dilate at considerable length upon the musical *réunions* held at the Salpêtrière, but it will suffice to observe, that these meetings not only appeared to give much satisfaction to the patients, but also to act efficaciously in their treatment. In many, the effect produced by the music upon

their countenances and behaviour was often quite apparent ; and I could cite several instances of its beneficial influence, but one will be sufficient, which I met with in a young female who had been admitted the previous evening. At the first visit of the physician, only an hour before, this poor girl was morose, stupified, and could scarcely answer questions distinctly ; but now, she seemed pleased with the entertainment, talked to her neighbour, and looked cheerfully up to the physician ; indeed, she appeared altogether a changed creature, and no one from her appearance or conduct would have said she was either insane, or the inmate of a madhouse.

During four years, ending the 1st January, 1842, 2,830 lunatics, exhibiting every form of mental disease, were admitted into the Salpêtrière, of whom 1,212 were afterwards discharged cured, 604 relieved, or left the hospital from other causes, and there were 924 deaths. This very great mortality certainly appears remarkable, and may excite astonishment ; but as every variety of mania is received, including epileptic, paralytic, and many incurable patients, so large a proportion of deaths may be, nevertheless, explained ; for it would be unjust to compare the results obtained in such an establishment as the Salpêtrière with any asylum, where only recent and selected cases are received. Still, with such disadvantages, the number of patients discharged cured, during the last four years, amounted to 40 per cent. on the total admissions.

In bringing to a conclusion these observations on the Salpêtrière, where the visitor will meet with much to approve of and to admire, especially in regard to the zeal which animates the different medical officers, with a view to promote the comfort, and accelerate the cure of their afflicted patients, I must, however, acknowledge, that in some of the wards, the inmates are more crowded than appeared advisable, and too many often sleep in the same dormitory. Undoubtedly the adjoining courts are airy, and some of them extensive, but several of the buildings appeared to be old, and to require ameliorations. Indeed, M. Trélat, one of the present physicians, has brought this very important subject under the notice of the general Council of the hospitals of Paris, in an excellent report recently published, in which he advises the construction of more healthy sleeping apartments for the patients, with other improvements conducive to their recovery ; or, to use the expressive words of that benevolent physician, “ to open to the patients an asylum more worthy of their sufferings, and of the Council’s charity.”

Bicêtre, like the Salpêtrière, is both a poor house and an asylum for the insane belonging to the male sex ; but, although the entire population is under that of the Salpêtrière, it is always very considerable, and the number of lunatics seldom exceeds 1,200, including paralytic and epileptic cases. At Bicêtre, great efforts are made to ameliorate the condition of the insane patients in the same way as at the Salpêtrière ; and in this benevolent cause, the medical officers have been zealously assisted by the present excellent director, M. Mallon, who first introduced the principle of occupying lunatics



in bodily labour at this institution, about fourteen years ago. At first, only six men were employed in carrying earth with wheel barrows, but the plan answered so well, that it was gradually extended; and now two-thirds of the patients are constantly engaged in some kind of employment, either at work in the open air, or in handicrafts. Male patients being more adapted for out-door occupations than females, it consequently became necessary to employ the inmates of Bicêtre in employments of that kind as much as possible. For this purpose, they are often sent to the Salpêtrière to cultivate the gardens of that Charity: and on one of the mornings I visited Bicêtre along with M. Voisin, we met in the avenue of Fontainebleau a party of twelve of that physician's patients, accompanied by their guardians, walking along the footpath just as well behaved as any other labourers; indeed, I never should have distinguished them from any common passenger, but by the circumstance of their taking off their hats to M. Voisin, which led to his mentioning their quality and destination; and it was certainly delightful to see these poor creatures, at the hour of half-past six, going like rational beings to their daily labour, whereby they not only promoted their mental recovery, but kept themselves in robust physical health, instead of remaining idle and discontented; or what is more probable, of even becoming worse by their inaction, as in the olden time, when insane patients often did nothing, and therefore were more likely to be governed by their own delusions and extravagant hallucinations.

In order to carry out the principle of occupying insane patients more extensively than formerly, in out-door and agricultural work, the administrative council of Bicêtre have recently formed a separate establishment near the Barrière de la Santé, called the "Farm of St. Anne." At this place from 80 to 90 insane patients are usually engaged in washing and cleaning the bed furniture, and also the body clothes of the patients in the Parisian hospitals; some in bleaching cloth, others at the fulling mill, in beating corn, or in binding straw, some work as carpenters, and numbers in driving the wheel which moves the fulling mill, and raises the large supply of water required in the establishment, and several are constantly employed in the garden and in the piggery, where upwards of 250 very fine pigs are kept for the supply of the hospital.

On the morning I visited the Farm of St. Anne, under the guidance of the director, M. Mallon, who kindly came from Bicêtre on purpose to show me over the establishment, I found 82 insane patients sitting at breakfast, after their morning's work, and behaving with as much propriety and order as could be expected from any other men of the labouring class. They were divided in messes of six at each table, in the large room appropriated for their meals; and if one might judge from their apparently good appetites, all were in excellent bodily health, and had been well employed that morning. The breakfast consisted of beef, bread, and wine, with other accessories, all of which were of excellent quality. The custom of eating in common is justly considered far better for lunatics than taking their



meals separately, because not only does the company of other maniacs often restrain individuals disposed to be noisy or extravagant, but all are thereby more likely to be well fed, than if they had distinct portions ; because, if one member of the mess does not eat his due portion, another may ; and there is then less chance of the provisions being wasted, or disposed of irregularly.

This establishment of St. Anne has fully realized the expectations of its founders, and has proved of much advantage to the numerous insane patients sent to it from Bicêtre, as well by giving them plenty of out of door employment, as by enabling them to gain a little money by their own exertions, with which to purchase snuff, or obtain additional comforts ; besides, and as a reward, those employed in active bodily labour, are always better fed than the idle or indolent. M. Mallon stated that the work of the insane patients of Bicêtre had realized 120,000 francs (£4,800) during the year 1841, and that 20,000 francs had been paid directly to the labourers themselves, as an encouragement to industry. To M. Mallon, such a result must be highly gratifying, especially when it is contrasted with the first effort he made in 1828, to occupy the insane patients of Bicêtre in manual employment. Prior to the experiment made with the six wheel barrow labourers already mentioned, nothing was gained ; now 120,000 francs are realized, besides the great benefits thus accruing to the patients, their increased comforts, and likewise the additional means which can be now brought to bear upon the treatment conducive to their recovery. The system adopted at St. Anne's seems to have answered so well, even in a pecuniary point of view, that it is to be desired that every lunatic asylum should have an establishment annexed of a similar description.

In illustration of the utility of out of door labour in the treatment of insanity, it may be interesting to the readers of these pages to relate an instance which the late celebrated Dr. Gregory, of Edinburgh, used to mention, of a farmer living in the north of Scotland, who had obtained considerable celebrity in the successful management of mania. This person was a man of herculean strength, of considerable decision of character, and well known in the district of the kingdom where he resided. "The great secret of his practice consisted in giving full employment to the remaining faculties of the lunatic. With that view, he compelled all his patients to work on his farm. He varied their occupations, divided their labour, and assigned to each, the post which he was best qualified to fill. Some were even employed as draught horses, or to carry burdens, and others as servants of various degrees and kind." In short, bodily occupation adapted to the habits and constitution of the lunatic was the ruling principle. Similar beneficial results from out of door and agricultural labour, have been observed at the celebrated establishment of Geel, near Antwerp, for now many hundred years ; and as there cannot be any question as to the great utility of such kind of occupation for the insane, especially in those who, from previous habits, have been accustomed to live much

in the open air, its advantages to such persons will therefore become more apparent. Besides, it has been often remarked, that lunatics whose condition does not place them above the necessity of submission to bodily labour, are much more likely to be benefited, and consequently cured, by employing them as at the farm of St. Anne, than the gentleman, or those persons who would think themselves degraded by being compelled to work with their own hands. Nevertheless, even in patients of the upper classes, physical occupation proves often very beneficial, and if judiciously combined with amusement, and employments suited to their tastes or previous habits, great benefits may assuredly be expected to follow such a plan of treatment.

Besides these examples of the importance of giving employment to the insane, as a prophylactic means of cure, we ought to bear in mind, that the best effects have likewise been observed to follow its adoption in many of the provincial asylums of England and Scotland, where the introduction of the labour system has been found an efficacious adjunct in the treatment of insanity. This is particularly pointed out by the benevolent Mr. Tuke, when alluding to the mode of management now pursued in many of the lunatic establishments of Scotland. That author observes, "In all these asylums, the superintendents expressed their decided conviction of the benefit which, in a great variety of ways, was derived from the employment of the patients, more especially in out of door labour. The tendency of the patients to injure themselves, or others, was said to be lessened; the number requiring any restraint was diminished; the health and comfort of the patients was increased; and *some* pecuniary profit was derived to the establishment." The same beneficial effects from bodily occupation have been noticed at several lunatic institutions in Italy, Germany, America, and even in Russia; and taken in conjunction with the practice followed at Bicêtre, a similar system ought to be introduced into every asylum for the insane.

But, independent of the extensive application of physical labour, as an essential adjuvant for promoting recovery in most cases of lunacy, judicious amusements, and mental recreations, are likewise considered useful, and are often called upon by the physicians of Bicêtre, in treating mania quite as much as these means are now employed at the Salpêtrière. Accordingly, musical réünions are now regularly held three times a week, from eight to nine in the morning, in the large dining hall, where frequently from 250 to 300 insane patients will attend, either to listen, or to take part in the performances. At one of these musical meetings, at which I had the good fortune to attend along with M. Voisin, M. Mallon, and other spectators, the orchestra consisted of three violoncellos, played by blind paupers, two violins, a drum, piano, and other instruments. Notwithstanding the numbers present, the patients behaved with much propriety, and appeared to enjoy the entertainment; indeed, it was truly an affecting sight to look round and observe nearly six



hundred eyes intently gazing towards the orchestra, many of them expressing pleasure and intelligence, and yet to experience the painful feeling, that in all these human beings reason had lost her control. The director of the music presided at the piano, and the schoolmaster was also present to superintend the lessons and recitations. One of the lunatics began the exercises of the day by singing a solo; then another stood up to repeat a fable from memory; others joined in duets both gay and solemn; an amusing dialogue by two or three persons from a favourite play now followed, which was succeeded by a song; afterwards, the schoolmaster recited for the instruction of the patients, and ultimately the amusements terminated with the "*Marche Parisienne*," which was admirably performed, many of the lunatics joining in chorus with enthusiasm. All seemed very much delighted, and they departed in as orderly a manner as any rational crowd ever did when leaving a morning concert. The whole performance went off exceedingly well, being gratifying both to actors and audience; and it must be satisfactory to every mind endowed with the ordinary feelings of human nature to know, that so many unfortunate fellow creatures, of a class hitherto almost looked upon as outcasts from society, were thus enabled to participate in an innocent enjoyment, at the same time that such amusements had a material influence in promoting their ultimate recovery.

After the daily occupations are terminated, many of the patients assemble in the evening, in a large room lighted up and furnished with forms and writing desks. Some are occupied in reading or writing, others in drawing, geography, arithmetic, and history. The schoolmaster, who is an intelligent officer, and most zealous in the instruction of his pupils, after giving lessons to some of them, then reads aloud from one of the books of the library kept in the school room for the patients' perusal, explaining, when necessary, the passages he reads, so as to make them intelligible to their weak understandings. Occasionally short selected theatrical representations, tragedies or comedies, are performed by the patients in a small theatre, which the lunatics have recently constructed at one end of the school room, with the sanction of the administration and the medical officers. From these performances so far as I could learn, it was not thought that any injurious consequences have resulted to the patients present, or even to those appearing upon the stage, although, to some persons, such kinds of amusement may appear of too exciting a character, and not applicable to the treatment of most cases of insanity. Upon this point there is certainly a difference of opinion, which further experience may reconcile. Already similar amusements have been permitted at some of the best regulated asylums in this country, for instance, at the Crichton Institution, from whence parties of the lunatic patients have been allowed to visit the theatre, circus, and public concerts of Dumfries, and the liberty thus given was so seldom abused, that the general audience were unable to distinguish the insane visitors from those by whom they were accompanied.



As an instance of the advantages arising from mental recreation in the treatment of insanity, I think it will be gratifying to allude in this place, to a case which I saw at Bicêtre. This individual having shown an inclination for drawing, he was supplied with all the materials necessary for such an employment. At first, he was so apathetic, that he would scarcely do anything ; however he soon not only amused himself with making sketches and copying drawings, but he also began to give lessons to other patients with advantage both to himself, and to his pupils. Some of the drawings made by this patient were pointed out, which were exceedingly well executed. It was indeed truly delightful to see this poor lunatic amusing himself in the cultivation of almost the only talent still left him, amidst the wreck of nearly all his other mental faculties ; and to know that he was induced by kindness, and the exhortations of those placed over him, to attempt to instruct other insane patients, who had a similar taste with himself. This case is an excellent example not only of the advantages of engaging the lunatic in some occupation congenial to his habits or disposition, but likewise of employing the particular talent of an individual patient in the teaching of others ; for if this principle were as fully carried out as it ought to be in insane asylums, the beneficial results accruing to all parties, would be so much the more marked and extensive. If a maniac has a talent for music, he might try to teach other patients who enjoy music ; if he has a taste for drawing, he ought to employ it in the same manner ; or, if the lunatic is a master of languages, he should be encouraged to occupy his time in giving instruction to those who are fond of literary occupations. This system of mutual instruction is most useful, and it might be more generally adopted than at present without much difficulty, and would be followed by very great advantages.

Considering the number of incurable and epileptic patients treated at Bicêtre, in many of whom there existed little prospect of effecting a cure, even at their admission, it cannot be expected that the proportion of those discharged convalescent will be as great as in other institutions ; nevertheless the results are very satisfactory. According to a return now in my possession, the number of lunatics admitted into that institution in the acute state, from the 1st January, 1840, to the 1st August, 1842, and in whom there appeared to be some likelihood of a cure, amounted to 816. Of these, 440 have since been discharged convalescent, and 88 not cured ; 113 have died, and the remaining 175 patients are still under treatment. From the above tables, it therefore appears, that the proportion of cures was about 54 per cent., and of deaths less than 14 per cent. Besides these facts, a gratifying feature connected with the patients discharged cured, ought likewise to be mentioned, as it strongly indicates the utility of occupying the insane in bodily labour. Of the whole 440 lunatics who went out cured, 329 had been engaged in some occupation or other in the hospital, and only 111 were idle, or as they are classed—non-labouring patients ; thus shewing, that

three-fourths had been engaged in some kind of employment, which materially contributed to their recovery.

Notwithstanding the many capabilities for conveying instruction to pupils on mental diseases which exist at Bicêtre, as well from the numerous patients, as from the various forms of mania constantly under observation, to say nothing of the celebrity of the different attending physicians, no lectures are at present delivered in that establishment, although the Inspector General, M. Ferrus, when one of the medical officers, gave lectures and clinical instruction to students for several years consecutively, and often to a large class; indeed, these lectures were so much appreciated, that at the last course which that physician delivered, 154 pupils were inscribed; and, notwithstanding the course was delivered at Bicêtre, in spite of the distance from Paris, the audience were very regular in their attendance. During these lectures, an insane patient was frequently introduced into the class room, in order to illustrate to the pupils the variety of mania which might be then under investigation. On such occasions, the lunatic often described his own case to the auditors, or he answered the questions put by the professor, but the pupils were never allowed to interrogate the patient. The history of the case being finished, and the symptoms sufficiently explained, M. Ferrus would request a pupil to state, in the hearing of all present, his opinion of the patient's malady. In questioning a student, M. Ferrus had other objects in view, besides the instruction of the former; for the professor had often observed, when a lunatic was plainly told that "he was mad," such a mode of examination so far from being pernicious to the patient, was often very beneficial; and I am glad to be able to say, on the authority of M. Ferrus himself, that he thought the circumstance of the lunatic being brought into contact with the audience often produced good effects upon his intellect, whilst it acted as a moral agent in assisting the cure. The opinion pronounced by the student would sometimes produce this important result upon the patient, that it made him disbelieve in the reality of his particular delusions, or induced him to endeavour to restrain his extravagancies, whereby a decided advance was made in the remedial treatment; so that the introduction of an insane patient into a class room, for the purpose of illustration would appear to be not only not injurious, but even useful. Indeed, sometimes a patient would request as a favour to be taken to the lecture and shown to the students; but if met by a refusal, he generally felt disappointed.

From the frequent conversations which I had the good fortune to have with some of the most distinguished French physicians attached to insane asylums, I can state their unanimous opinion to be in favour of admitting pupils to the wards of all public lunatic hospitals; indeed, without having such opportunities, it is quite impossible for practitioners to learn how to treat patients labouring under so deplorable a malady as mania. From my own observation, I can add, that during the repeated visits I made to the

different insane hospitals in Paris, along with the attending physicians (although the party was sometimes numerous, as for instance, on one occasion there were seventeen persons going round at the same time), no confusion, excitement, or unusual effect was produced upon the patients, many of whom seemed pleased; nay, it even appeared to me, that some of them endeavoured to conduct themselves as rational beings before the strangers, and attempted to show by their behaviour that they were not so mad as many believed. Some talked to the visitors, and especially to the house pupils, with whom they seemed to be well acquainted; and altogether, the conduct of the patients in many of the wards, appeared to be much the same as that generally observed in ordinary hospitals, excepting that very few of the inmates were in bed, those labouring under bodily disease being sent to the infirmary. In the wards for agitated patients, the same order and regularity was not to be expected; nevertheless, the visits of the physicians accompanied by pupils or visitors did not, to my mind at least, appear to produce any injurious effects; indeed our approach, in some examples, had a tranquillizing influence, for I noticed more than once particular patients who would be agitated and restless when we first entered the court yard, become tranquil by the time the physician came and spoke to them. Of course, there were exceptions to the above remark, and there would be cases where the approach of visitors produced excitement, or appeared to cause annoyance which might prove injurious, when it was necessary, for the patient's advantage, to be kept as quiet as possible; but these instances were rare, and therefore ought not to be considered as an insuperable objection to the admission of pupils, any more than the practice followed at all general hospitals, when any of the patients labouring under an acute disease, or who may have undergone a serious surgical operation, is kept in a separate apartment, to avoid noise, and the intrusion of every person but the necessary attendants.

Charenton, though a public establishment for lunatics, differs from Bicêtre and the Salpêtrière in two important particulars, namely, both sexes are admitted as patients into this institution, and all pay for their treatment, and maintenance. The Maison Royale at Charenton is administered under the immediate authority of the Minister of the Interior, and the scale of payments for board embraces three classes. The first pay 1300 francs, the second 1000 francs, and the lowest 720 francs per annum; but the Minister may authorise the admission of gratuitous patients. The total number of inmates varies from 450 to 500, of whom some belong to the highest orders in society. The sleeping apartments of many, especially on the male side, are not what they ought to be, being confined, and badly ventilated; but the building appropriated for the female patients is much superior, indeed, the upper court is very well adapted for the purpose to which it is appropriated; the apartments are good, they have free ventilation, and the occupants on one side



enjoy a most beautiful prospect of the adjacent country; but as Government have voted 3,500,000 francs to rebuild this institution, some of the present defects will be likely corrected. Yet I must confess, that much judgment has not been shown in the works already commenced; and there has been a lavish expenditure in consequence of the buildings being placed on the brow of a hill, instead of on the level ground behind; indeed, I much doubt if the accommodation for the lunatics will be at all commensurate with the very large sum of money, which must be expended in completing the institution. Esquirol, who possessed a very high reputation throughout Europe, from his writings on insanity, was formerly physician to this establishment. His successor, M. Foville, is equally well known to the medical profession and to science; and if the administration had availed themselves of the knowledge and experience of both these eminent physicians in raising up the new constructions, the *Maison Royale* would have become a model for other institutions of a similar character.

As Charenton is intended for the reception of patients belonging to the better classes of society, who pay for their support, it is not adapted for a school for the instruction of medical pupils on mental diseases. The public have no claim on such establishments, but insane hospitals like Bethlem, Bicêtre, and others receiving gratuitous patients, ought to pay back to society some price for the great benefits their inmates receive, so that the community at large may derive some adequate advantages in return. For these reasons I refrain from speaking of the different visits I made to Charenton along with M. Foville, who not only kindly took me there, whilst making his professional inspection, but likewise pointed out the most interesting patients to my notice, and afterwards accompanied me over every part of the institution. To that gentleman I have to offer my best thanks for his politeness, not only on these, but on other occasions, and particularly for the opportunity he was so very obliging as to afford me of being present at a demonstration of the brain, when he personally explained with much minuteness, his original views regarding the anatomy and physiology of that organ and the nervous system. Although I have said little respecting Charenton, it may be useful to give a short summary of the changes among the patients, which took place there in 1841. During that year, 104 insane men and 76 women, being a total of 180, were admitted; the number of patients discharged entirely cured, were 26 women and 15 men, besides 16 males and 11 women, who left the institution more or less improved. The incurable patients discharged amounted to 36, or 23 men and 13 women. The total deaths during the same period being 40 male patients and 23 females, amongst nearly 500 insane patients, labouring under every form of disease.

In order to give some idea of the medical attendance which insane patients receive in the public hospitals of Paris, it may be interesting to state, that each physician visits all his patients at

least once a day, and usually in the morning before breakfast, when he will sometimes be so occupied for two hours consecutively, besides the additional hour spent, three times a week, at the musical réunions. Indeed, patients cannot be more regularly or better attended, than they are in those institutions; and as a majority of all the hospital physicians are resident in the establishment, besides the house pupils, who are upon the medical staff of the establishment, and one of whom is constantly on guard in each division, there cannot be any difficulty of obtaining prompt assistance in cases of emergency. At the Salpêtrière, there are five physicians for the insane patients alone, three of whom are resident. At Bicêtre there are four, two being resident. At Charenton two, of whom one is resident, besides the inspector of health, and the house pupils. In fact, there is no deficiency of medical attendance; and as there appears to be considerable emulation betwixt the different establishments and the various medical officers, the patients and the public benefit accordingly. In regard to the number of public insane asylums in France, it may be stated there are at present upwards of sixty; and according to the most authentic information, the total amount of recognised lunatics throughout the country, is 17,000; that is about one-third of the number in England relatively compared with the population, of whom more are females than males. In proof of this opinion, and as a curious fact, it was mentioned to me, that the gross number of insane patients admitted, during a period of twenty-four years in the present century, at Bicêtre, the Salpêtrière, and Charenton, was so marked as to be conclusive on this point, since the admissions indicated a very great disparity of the two sexes, in regard to their comparative liability to insanity. For it appears, during the specified twenty-four years, 10,275 insane women were received into these hospitals, whilst only 7,532 male lunatics were admitted, that is about one-third less male than female patients. According to these data, lunacy is therefore not only more common among women than men, (the ratio is 14 to 11 throughout the kingdom); but judging from the observations which I was enabled to make, when visiting the insane hospitals in France, the former sex always appeared to be more violently affected than the men, were more noisy, and also required to be placed under the restraint of a strait waistcoat, much oftener than male patients.

With respect to the provincial insane asylums of France, I understand they are generally as well conducted as those in the metropolis; indeed, several of them were spoken of by the Parisian physicians in strong terms of approbation, especially the institutions at Nantes, Rouen, and Lyons, at the latter of which, it should be stated, Dr. Bottex, one of the physicians, formerly gave lectures on mental diseases. Being unable, from want of time, to visit the departamental insane hospitals of France, I only had an opportunity of seeing that of Saint Yon, at Rouen, which certainly well deserves the commendations it so generally receives. M. Parchappe is the distinguished physician to Saint Yon, and successor to M.

Foville. Like his brethren at Paris, M. Parchappe received me with much politeness, on both the occasions I visited the hospital; and I had the satisfaction of accompanying that gentleman through the whole establishment, when he made his regular morning visits to the patients. The responsible duties of M. Parchappe's office, as the only chief physician to this very large establishment, render the appointment by no means a sinecure, considering the great number of lunatic patients he has to visit every morning, and sometimes in the evening, when necessary.

When I visited Saint Yon, the total number of insane patients in the asylum was 596, or 364 men and 232 women, some of whom belonged to the better classes of society; but all these were lodged in separate quarters, the ladies in a building, with their own garden, on one side; the gentlemen, who were equally well accommodated, occupied another quarter quite distinct from the other patients. The pensions vary from 1,000 francs to 1,500 francs per annum, according to the accommodation, and 750 francs additional, should the patient desire to have the services of a special attendant. The lodgings for the upper class, or private patients, were good, and apparently as comfortable as was compatible with the mental condition of the inmates.

During M. Parchappe's visit to the female patients in the public wards of the institution, all who are able to leave their cells, assemble in the middle of the enclosure, and seat themselves on chairs in a circle, so that the physician can thus minutely examine every individual without much trouble, or the chance of overlooking any of them, which might be the case, were they dispersed over the court. But in addition to the facility of thus seeing every patient, the discipline of making all the female patients seat themselves in regular order, imposes upon those poor creatures some restraint to remain quiet, at least during the physician's daily visit, which thereby becomes an important aid in the treatment; for if once an insane person is made to behave properly, the other means in the treatment will likely prove more efficacious than otherwise.

On the men's side of the establishment, the same principle is followed, but with this difference, that the male patients all stand up in single file, as if at an ordinary military parade; whilst the physician, accompanied by the house pupils, and the other officers, or any visitors who may be present, walk along in front of the line, in the same way as a general officer with his staff would inspect a regiment. If any of the patients seemed indisposed, if their dress was out of order, or there appeared any thing remarkable in their outward aspect, the physician now examined the pulse, looked at the tongue, or made whatever inquiries he deemed necessary; and then ordered the medicines and appropriate treatment, which were immediately written down by one of the house pupils in attendance. To some patients, a kind word was addressed; to others, who requested some change might be



made in their diet, the request was at once granted ; sometimes one patient was desired to be more diligent at work than he had been ; or another was requested not to overstrain himself in the employment to which he was usually put ; and when a particular patient had misbehaved, or if any change whatever had occurred in his condition or symptoms, all the circumstances were duly reported to the physician, who then gave his directions, or prescribed accordingly. Again, those patients who were indisposed, or unable to leave the dormitories, either from their agitated state, or any other cause, were visited, so that every patient in the asylum was, in this way, sure to be individually inspected every morning, by the physician, without any unnecessary loss of time to either party. The advantages which must accrue from the moral restraint that such discipline is likely to produce, even upon the weakened intellect of the insane, must be apparent to every practitioner.

At Saint Yon, great progress has recently been made in giving employment to the lunatic patients, whether in the cultivation of the adjoining extensive gardens belonging to the establishment, and in various handicrafts, or in sewing, carding, straw hat making, and in the various operations of the laundry ; in which occupations, more patients are now engaged, and for a greater number of hours, than in any previous year. Reading, and music, with a view to engage or to amuse the patient's mind, so as to discipline the weakened intellect, and thereby to assist the other means of treatment, likewise constitute an essential part of the remedial measures employed at this institution. For this purpose, réunions are held four mornings in the week, when the patients read in common, from appropriate books supplied by the authorities of the establishment. On these occasions, the literary exercises take place in the presence of the physician, or of one of the resident medical officers ; but the patients likewise often assemble in the evenings, for the purpose of reading ; or, perhaps, to hear one of their companions read aloud to the rest, when sometimes 40 or 50 insane persons are present. Books are also given to the patients to peruse at their leisure, and great care is generally taken of them ; indeed, the patients seem to appreciate such a privilege, and also appear to take much interest in the subjects about which they were occupied. Besides the réunions now mentioned, one morning in each week is dedicated to singing, and the cultivation of music ; and twice a year a concert is given at the asylum, when all the patients who are able, or may be considered eligible to attend, are present either as spectators, or to take a part in the day's performance.

One of these grand concerts was held at Saint Yon, on the 23rd of June last ; and as the fête appears to have been really interesting and somewhat novel in establishments for the insane, perhaps a short account of the day's performances will not be out of place in these pages, or valueless in the opinion of those taking an interest in the cultivation of music, as an efficient aid in the treatment of insanity. At the summer concert now alluded to, the

orchestra consisted of forty musicians, from the theatre of Rouen, placed in the centre of the room, having about 100 female patients seated on benches at one side, and the same number of male patients on the other. The leader of the music, with the chief physician, sat close to the orchestra, with some ladies; and there were about forty gentlemen and others also present as spectators, besides as many of the lunatics as the room could contain. The concert commenced with the overture of the "Caliph of Bagdad," which was executed in excellent style by the orchestra; and to adopt the words of M. Parchappe's official report to the superintending council of the establishment, the lunatics, by their attention, and by the play of their physiognomy, expressed both astonishment and pleasure, the greater susceptibility of the females, being manifested by the increased vivacity of their gestures, and in some cases, by considerable agitation, which the look of, or a sign from the physician, instantly repressed. Immediately after the overture, the men chaunted "Joseph's Prayer," when a quartett was performed; and then the female patients sung the "Angelus," with an accompaniment. The overture of "Fra Diavolo" followed, which produced a lively and powerful impression upon the patients; and subsequently, both male and female patients chaunted a hymn from "St. Vincent de Paul." After this, a gallopade, from the Mazagran quadrille, was played by the orchestra; and finally, the men sung a favorite Chorus, accompanied by the entire orchestra, which was so well executed, that it was repeated at the urgent request of the audience. During the various musical exercises, the most perfect tranquillity and absolute silence reigned amongst the lunatics of both sexes, who filled the hall. Even the doorways and passages were crowded with attentive, well-conducted, and delighted patients, who could not obtain an entrance; and in the gardens adjoining, men on one side, and female patients on the other, stood listening to the music with joyful attention; and on each piece being concluded, joined the audience within, in expressing their applause. Throughout the entire performance, which was truly a fête for the patients, the most perfect order and propriety prevailed; indeed, the usual conventional forms of even the most select society could not have been more scrupulously observed, than they were at this concert; of which the patients still preserve, and ever will retain the remembrance.

From the 1st of January, 1835, to the 1st of January, 1842, 1,242 insane patients were admitted into this asylum, of whom, notwithstanding that about one-third were considered incurable, even at the time of their admission, 532 were discharged convalescent; but in the year 1841, the actual cures exceeded 52 per cent. on the admissions. The number of deaths is certainly very large, still the amount will appear less remarkable, when it is stated, that 136 of the deaths reported occurred in the epileptic and paralytic patients, whose prospect of recovery is generally very hopeless. And in drawing any conclusion as to the success of a

particular mode of treatment from the proportion of the deaths, we must keep in mind that at Saint Yon every form of maniacal disease is admitted, whether epileptic, paralytic, or otherwise, including the insane paupers chargeable to the department. The average number of cures is thus much diminished, and the 382 deaths, which took place during the seven years ending the 1st of January, 1842, will in part be accounted for. Therefore, the great mortality which characterizes many of the insane hospitals of France, must not be placed in a parallel scale with those in England, where recent and selected cases are only admitted, but the comparison ought always to be made with asylums like Hanwell, and similar establishments.

The great attention recently paid to the subject of insanity, both in this country, and especially in France, has been attended with the happiest effects to the unfortunate victims of that deplorable malady; as not only has our knowledge of mental diseases been thereby much extended, but a more humane and rational mode of treatment has been recently adopted towards the insane. Investigations in this department of medical science are now pursued with increased zeal, and the discussions thus induced have caused more extended inquiries to be made, not only respecting the proper management of lunatics, but as to the nature and pathology of mental diseases. Nevertheless, although considerable unanimity prevails in the profession as to the general principles of management applicable to mania, there still exists great diversity of opinion among medical men in France, respecting its essential character, and the morbid changes of structure considered to be pathognomic of the disease.

Speaking generally, most medical practitioners in France who make mental diseases their particular study are at the present moment divided into two sects, the Anatomists, and the Vitalists. The former section affirm this principle, that lunacy always exhibits specific alterations of structure in the brain and nervous system, which characterize the disease; on the other hand, the vitalists assert that the changes of structure met with in the brains of certain lunatics, so far from being characteristic, or the real cause of the symptoms met with during life, are merely effects. Among the supporters of the latter doctrine, Pinel, Esquirol, Georget, Lélut, and Lenret, occupy the first rank, whilst the anatomists possess the authoritative names of Foville, Parchappe, Belhomme, Calmeil, Moreau, and others. But this is not the place to enter into the arguments with which both divisions support their particular opinions; however, it may be interesting to state this much in regard to the management and remedies which each party think judicious, and ought to be employed; that the anatomists place much dependence upon the physical treatment of the disease, both by remedial means, and the employment of the patients in some bodily occupation, whilst the vitalists depend with great confidence upon moral treatment and mental recreations; or, to quote the dictum of one of their greatest authorities in the cause, “to rely on the power of logic and the force of



reasoning in the treatment of lunatics ;” or perhaps as a less enthusiastic advocate would say, to endeavour to convince the patient in the first place that he is actually insane, and then try to reason him out of his delusions. This is certainly putting an extreme case, but it may show the absurd conclusions violent partisans of any particular theory will even arrive at, when only looking upon one side of the question. Each party think their opponents are quite wrong, and of course, that they are themselves the only promulgators of true doctrines, whilst both sections bring forward plenty of arguments and illustrations in support of their respective opinions regarding insanity. For my own part, I confess both facts and reasoning greatly preponderate in favour of the anatomists ; and seeing such scientific and experienced physicians as MM. Foville, and Parchappe, entertaining such opinions, that of itself is, in my estimation at least, a strong argument in favour of the conclusion, that the doctrines of the anatomists rest on the most stable foundation.

As it would be incompatible with the scope of these observations to discuss at length the medical treatment of insanity usually pursued in France, I will now only remark, that considerable progress has been made in this as in other departments of medical science, which is highly creditable to the physicians of that country. Nevertheless, as some notice of the means generally employed by French practitioners in the cure of mania, will not be inconsistent with the present observations, I may briefly state, that blood letting, purgatives, emetics, narcotics, mercurials, and antimonials, constitute the principal remedies, which are prescribed according to the particular symptoms of the case. In addition to the above, blisters and the actual cautery are likewise ordered as local applications ; and judging from the instances I met with, especially in paralytic maniacs, I should say the latter remedy was held in high estimation by some of the medical officers of the Parisian hospitals. Baths are frequently used, and with the best effects ; but the douche is now very properly only ordered in refractory patients to tranquilize them, or as a kind of punishment, and never excepting when the physician is actually present, to regulate its application. In regard to the strait waistcoat—that barbarous remnant of the olden time, it is still too often employed ; and although many French practitioners approve of the use of such a means of restraint, I must acknowledge the views they entertain on this subject are erroneous.

When speaking of the food supplied to the patients of the Salpêtrière and Bicêtre hospitals, I mentioned that it was generally good, and not deficient in quantity. Indeed, the dietary constitutes, with French physicians, as it always ought to do, a very important part of the treatment of lunatics, especially in those remaining within doors, or who labour under any physical disease, in addition to their mental malady ; and it is likewise attended to, whether the patient be employed or not in bodily occupation. In all French hospitals, both general, and for the reception of lunatics, the same alimentary regimen is adopted ; and as it is divided into eight distinct grada-

tions, the physician can thereby easily regulate the exact quantity, or the kind of food, which he wishes a particular patient to receive during the twenty-four hours subsequent to his morning visit. This is immediately written down by the attending pupil, and I must acknowledge, that the great attention paid to the diet and regimen of insane patients in the French asylums, is a very important and useful feature in the treatment; and the system they adopt is well worthy of our imitation, since the dietary is occasionally, I fear, too much neglected in this country, and even is insufficient in some establishments, from false if not reprehensible notions of economy.

As a remarkable instance that the sufficiency of food, its good and nutritious quality, have much influence on the health of lunatics, I ought to mention, that at Bicêtre, during the first Revolution, when the constituent assembly of France reduced the quantity of bread distributed to the inmates from a kilogramme (2 lbs.  $\frac{1}{5}$  oz.) to seven hectogrammes and a half (24 oz.), a great number of the old convalescents relapsed into a state of raving madness; but this system of retrenchment having been afterwards carried to a still lower grade, and even to half a kilogramme, the consequences to the poor maniacs were most disastrous; for in two months of the fourth year of the Republic, twenty-nine deaths occurred among the patients; whilst, in the whole of the year *Two* (that is, when the allowance of bread was one kilogramme per patient,) only 27 deaths were reported during the entire twelve months. These facts furnish a very instructive lesson regarding the dietary of insane patients, and they point out the necessity of attending to the kind and quantity of nutriment which the inmates of lunatic asylums ought to receive. For whatever may be the moral or remedial treatment pursued, unless due attention is paid to such an important point, as the diet and regimen of insane patients, any plan of management, however beneficial it might otherwise prove, will not likely realize the expectations of relatives, or fulfil the wishes of a conscientious practitioner.

When alluding in a previous part of these observations to St. Luke's Hospital, it is stated that no pupils are admitted into the wards of that charity, for the purpose of studying mental diseases, notwithstanding a contrary practice prevailed at the time Dr. Battie was one of the physicians. Now however, I am happy to say, that the reproach formerly attached to that useful institution—that its doors were closed against the admission of medical men, anxious to obtain knowledge in the fertile field for study which St. Luke's Hospital possesses, is no longer applicable; since the Governors have recently given permission to the physicians to resume the practice followed by Dr. Battie during the middle of the last century, and which was originally granted in 1753, that is, five years previous to the time when this able author wrote; so that he had ample experience of the system prior to the publication of his treatise on Madness, in which this fact is mentioned. The above circumstance is most important, as it shows that after at least five years' practice, this

experienced physician saw no reason whatever, either to doubt the soundness of the principle then acted upon, of allowing medical students to frequent the wards of St. Luke's, or the governors of that day to withdraw the permission they had granted, from its being inoperative in regard to students, or at all injurious to the insane patients treated in the establishment.

In order to carry into effect the system now established as St. Luke's Hospital, the following regulations have been promulgated regarding the admission of medical pupils. Nothing is said as to the number of students to be received, but that and other minor points, are very properly left to the discretion of the medical officers. The rules are—"1. No gentleman shall be admitted as a pupil who has not studied his profession for four years, or attended the medical practice of an hospital for eighteen months. 2. The pupils shall not be allowed to visit the patients, except in the presence of the medical officers. 3. The pupils shall not visit any patient, deemed by the physicians to require seclusion, except under special circumstances. 4. Every pupil shall, on his admission, be required to give a promise not to divulge the name of any patient in the hospital, nor to publish any case, without the sanction of the physicians. 5. The physicians will require a testimonial of character from some lecturer, to be produced by the gentleman wishing to become a pupil." These regulations appear unexceptionable, and well adapted for the proposed object, and ought to remove any doubts remaining in the minds of timid, but well-meaning individuals, who may still entertain some apprehensions lest the patients may suffer injury in consequence.

For my part, I have no fears on the subject; but on the contrary, entertain a strong conviction, that the admission of medical students under proper regulations, to public insane asylums, will prove most beneficial to the community at large, by giving them a greater number of better educated and more practical physicians on this important class of diseases than heretofore; but the presence of pupils will also be of importance even to the afflicted patients, for the obligations thus imposed upon the medical officers to instruct their junior brethren, will induce them to be regular in their attendance; and also to feel greater anxiety in the treatment of the patients under their charge, and to keep pace with the knowledge and medical experience, which publicity and emulation naturally produce. This principle is amply illustrated by the beneficial results observed in all general hospitals, where pupils are in attendance; for it is notorious, that the pauper patients, in these or similar institutions, are much better attended, and often more scientifically treated, than in establishments where the prying eyes of inquisitive visitors are not permitted to penetrate. If such important consequences now follow the present practice which prevails in general hospitals, as many benefits must inevitably accrue from adopting a similar system in public lunatic institutions.

Entertaining the decided opinions previously expressed regarding



the admission of medical pupils to the wards of all public insane asylums, I trust every success may attend the laudable effort now made at St. Luke's Hospital, to disseminate sound practical knowledge regarding the very important class of diseases met with in that establishment. And understanding that pupils have already availed themselves of the opportunity now placed within their reach, I fervently hope the results flowing from the new system will, in the end, become highly beneficial to the community at large, and to the medical profession. Indeed, experience, so far as it yet enables me to judge, is decidedly in favour of the principles now advocated; and I am happy in being able to state, on the authority of Dr. Hitch, the able resident physician of the Gloucester Asylum, that the permission recently granted of admitting students into that institution has proved successful, according to the subjoined extract from a letter which that gentleman did me the favour to write in October last. The paragraph alluded to is the following: "You will be pleased to learn that our plan is appreciated by the profession. The number we proposed to receive is with us, and other applications have been made. Our present students consist of one physician and two surgeons; and amongst females, the system as freely takes; our numbers being filled up, and other applications for the appointments having been made to us. We have had as yet no objections to offer to a continuance,—probably to an extension of the plan."

Previous to bringing these observations to a close, I cannot deny myself the gratification of referring to the sixty-third Report of the visiting justices of the county lunatic asylum at Hanwell, recently published; and of likewise stating, upon the authority of the chairman, Mr. Serjeant Adams, and Dr. Conolly, that so far from the attendance of pupils producing excitement among the patients, it had even a salutary influence. The opinion expressed by the visiting magistrates in that official document is highly important, and, to an unprejudiced mind, it ought to be conclusive. But as it would be supererogation to make any comment on the decisive evidence which the report contains, in favour of the proposition discussed in these pages, I will only request the reader's attention to the following unanswerable statement:—"The lamentable deficiency of schools for the instruction of medical students in the treatment of mental diseases, has long been a national reproach. Your committee have for some months directed their attention to the subject, and, in the early part of the present year, in compliance with the wishes of the resident physician, they authorised him, by way of experiment only, to give a short course of clinical lectures, gratis, to a small class of pupils selected from the great hospitals of the metropolis, by their respective boards of management. The lectures commenced on the 14th of May, and terminated on the 18th of June last, and their progress was watched by the committee with mingled feelings of interest and anxiety. It is with great satisfaction they are enabled to state, that the experiment has been most

satisfactory. No ill effects have arisen from the visits of the pupils to the patients under the guidance of the house surgeon, for the necessary illustration of the subjects of the lectures; and the committee not only feel themselves warranted in recommending a renewal of the course in the ensuing spring, but confidently hope their example will be followed by other public and kindred institutions, and that the mystery in which this dreadful malady has hitherto been involved, and from which its disgusting cruelties and absurdities have arisen, will in a short period cease to exist."

In addition to the above examples in favour of the principle now advocated I may also mention, that the lunatic wards of the Hamburgh Hospital are open to pupils; at Upsala in Sweden, the medical students of that celebrated university are allowed to attend the district lunatic asylum; at St. Petersburg, ten medical pupils may, on certain days, visit the insane asylum at the same time; and in most German universities, lectures on insanity are regularly given, whilst admission to medical students is permitted at the hospitals for the insane; showing, in fact, that the practice in these countries is very different from that hitherto prevalent in England.

Considering the previous remarks, and the various important facts brought forward respecting the attendance of medical men in public lunatic asylums, in order to study mental diseases, to be conclusive, seeing they are supported by experience derived from the practice followed in the insane hospitals of different countries, besides being approved of by the profession, I therefore most confidently hope, that in future a more liberal admission of students to Bethlem Hospital, will, before long, be sanctioned by the governors; and, at the same time, that clinical instruction—the best and most useful part of medical education—will be made to form an essential part of any plan that may be ultimately adopted. The system of admitting medical pupils has now been established at St. Luke's, clinical lectures have been given at Hanwell with the best effects, and it would be indeed an exception worthy of condemnation, if an hospital like Bethlem, the richest and the most ancient of these establishments, and one possessing so many advantages for the instruction of medical men, and which ought to take the lead in every improvement that modern science, sound philanthropy, or well-founded experience have shown to be beneficial to the insane, were allowed to occupy an inferior station amongst the other metropolitan institutions.

Having much exceeded the limits I had originally proposed to myself in the preceding Observations, I shall refrain from making any additional remark, trusting that the arguments I have now advanced may produce their due influence, in leading to a dispassionate examination of the questions introduced. But should the above reasoning unfortunately fail to accomplish the object contemplated, I shall nevertheless feel satisfied that, at least, I have endeavoured to perform, according to my ability, what appeared to be a duty incumbent upon me as a governor of these hospitals,

and as a physician anxious to benefit the whole profession. However, before bringing these remarks to a close, I would repeat, that my chief object is to extend towards that unfortunate class of society, who are afflicted with mental alienation, the inestimable advantages of having attendants competent to alleviate their complaints; and also to obtain for the profession, of which I am a member, greater facilities for acquiring knowledge in this disease, than they at present enjoy; and this latter, but most important consideration, has the more weight with me, that, looking to the responsibility physicians daily incur, they are entitled to possess every available opportunity for the acquisition of professional experience; more especially to have liberal access to institutions endowed with real property by the state, or benevolent individuals, or supported at the public expense; seeing the acquisition of such privileges would ultimately prove of great benefit to the public, by training up for their service, medical practitioners of superior education. But as these qualifications can be best acquired by attendance in public hospitals for the reception of insane patients, and by clinical instruction in these establishments, I hope that a more free admission into their wards than heretofore will be permitted, particularly, as few if any evils could arise in consequence. Farther, the great usefulness of these benevolent institutions, which confer so many benefits on the poor of England, and are so creditable to the country, would be materially promoted; and another sign would be given of the philanthropy and increased civilization of the present age.

FINIS.